

K-2 Physical Education Remote Learning

May 13th- 19th

In moving forward with P.E. learning at home each week students will be given a Bingo board with activities in each square. On the Bingo board, there are squares that are filled out with red lettering. **These red squares are the most important because the activity in these squares have to be submitted to me, Mrs. Yerly by either taking a screen shot or a picture of that square being completed.** These photos need to be submitted to me via message on Class Dojo.

Students will be asked to "BINGO!" **two** times this week and submit photos of **two red** squares on May 18th. Each week the Bingo board will be different, so be sure to check the school's website for an updated board each week. Hopefully by keeping the same format each week there will be less confusion. If you have any questions, do not hesitate to message or e-mail me. Thanks!

Student Name: _____

Parent Signature: _____

Date Completed: _____

Week of May 13th- May 19th

Complete **TWO** Bingo options listed at the bottom of the page for this week. **REMEMBER PARTICIPATION IS NECESSARY.** Return Bingo sheet to your teacher via drop off, if you do not have internet. *If you do have internet, send me a message on Dojo saying what Bingo you completed this week and also send a picture for the squares in **RED**.*

ALL BINGO'S MUST BE REPORTED BY TUESDAY, MAY 19th WITH AN ATTACHED PICTURE OF THE ACTIVITY IN RED.

B	I	N	G	O
Do 20 leg lifts each leg	10 wall push ups	Bridge Hold for 30 seconds	Draw or take a picture of your best plank	Jump side to side 50 times
Practice skipping and galloping Write down the cues for skipping	Do 25 bicycles Take a break Do 25 bicycles	Do 25 jumping jacks	Practice balancing on each leg Hold as long as you can	Mule kicks 20 times each leg
Do 20 roly poly's	Do 20 burpees	Free Space Pick an activity	Bounce and catch a ball 25 times	Go on a walk/ run with someone in your family
Neck stretch Look down, up, right, left 5 times each	Draw or take a picture of an exercise that makes your heart beat faster	Do 5 push ups	Plank Hold as long as you can	Practice dribbling a ball Use either foot or hand
Play outside	Play catch with a family member	Arm circles Forward and backward for 15 seconds each	Do 40 Mtn. climbers	Draw or take a picture of your favorite thing to do for exercise

Regular Bingo

x				
	x			
		x		
			x	
				x

4 Corners

x				x
x				x

X Double Bingo

x				x
	x		x	
		x		
	x		x	
x				x

Vertical Bingo

a	x		s	o
a	x		s	o
a	x		s	o
a	x		s	o
a	x		s	o

Horizontal Bingo

x	x	x	x	x
o	o	o	o	o
a	a	a	a	a
s	s	s	s	s

Postage Stamp Bingo

x	x		o	o
x	x		o	o
s	s		a	a
s	s		a	a

Blackout

x	x	x	x	x
x	x	x	x	x
x	x	X	x	x
x	x	x	x	x
x	x	x	x	x