

COFFIN SCHOOL FIRST AND MULTI-AGE HOME PE - 5/11/20

Hi Coffin Friends! I hope you are all getting a chance to get outside and enjoy the better weather! This week I am going to give you a fun BINGO game to play with your family. There are lots of activities to do at home together. Hide and Seek, Simon Says and Tag are a few. What is your favorite Tag game? Once you finish my version, you can make up one of your own!

Keep playing the games from our earlier lessons, remember practice is what makes us improve our skills! Visit my website for videos and more activities, get outside, be safe, and make 5210 healthy choices! Mrs. Peck-Moad

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Home Fitness Bingo

1. The Bingo game is on the next page. Make one for each player, if you don't have a printer, just make a checklist on a piece of paper.
2. Make small pieces of paper with the letters BINGO in a bowl and numbers 1-24 on another.
3. Draw on letter and one number, do that activity. For example B-12 is teacher your family your favorite tag game!
4. See if you can get 5 in a row!
5. Play again! Share with your family the importance of 60 minutes of "sweaty" exercise every day!