

COFFIN SCHOOL KINDERGARTEN HOME PE - 5/11/20

Hi Coffin Friends! I hope all of you are getting a chance to get outside and get some exercise! This week I have a fun BINGO game for you 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? Share with your family and try to get them to do an hour of exercise every day while having fun!

Keep playing the games from our earlier lessons, practice helps our skills! Visit my website for additional activities and videos, get outside, and keep up your 5210 healthy choices! I miss you all! Mrs. Peck-Moad
tpeck-moad@brunswick.k12.me.us

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!