



**FIT KIDS**

# Fitness Bingo

## Teacher's Guide

### Materials

- Bingo card for each group
- Writing utensil or Bingo marker (coin, bean etc.)

### Instructions

- Divide your students into five groups, then give each group a bingo card and writing utensil or bingo markers.
- Call out the exercises below until a group calls out "Bingo". To call "Bingo", a group must complete a row, column, or diagonal of exercises.
- Before checking or marking off the exercise on their card, each group should complete the exercise. Click on the exercise to see a demo video of the exercise.

[Air Drumming](#)

[High Knees](#)

[Skiers](#)

[Air Jump Rope](#)

[High Plank](#)

[Speed Hand Walks](#)

[Butt Kickers](#)

[Inch Worms](#)

[Shoulder Taps](#)

[Calf Raises](#)

[Knee Hugs](#)

[Spider Lunges](#)

[Deep Breath](#)

[Mountain Climbers](#)

[Squat Jumps](#)

[Duck Walk](#)

[Seated Flutter Kicks](#)

[Toe Touch Stretch](#)

[Flamingo Stretch](#)

[Side Lunges](#)

[Triceps Stretch](#)

[High Kicks](#)

[Single Leg Toe Touch](#)

[Wide Legged Forward Fold](#)

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<b>Toe Touch Stretch</b>	<b>Seated Flutter Kicks</b>	<b>High Knees</b>	<b>Inch Worms</b>	<b>Squat Jumps</b>
<b>Air Jump Rope</b>	<b>Spider Lunges</b>	<b>Wide Legged Forward Fold</b>	<b>Single Leg Toe Touch</b>	<b>Flamingo Stretch</b>
<b>Shoulder Taps</b>	<b>Duck Walk</b>	<b>Free Space!</b>	<b>Butt Kickers</b>	<b>Deep Breath</b>
<b>Calf Raises</b>	<b>Skiers</b>	<b>Air Drumming</b>	<b>Mountain Climbers</b>	<b>High Plank</b>
<b>Side Lunges</b>	<b>Knee Hugs</b>	<b>Triceps Stretch</b>	<b>Speed Hand Walks</b>	<b>High Kicks</b>



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<b>Speed Hand Walks</b>	<b>Spider Lunges</b>	<b>Seated Flutter Kicks</b>	<b>Flamingo Stretch</b>	<b>Inch Worms</b>
<b>Air Jump Rope</b>	<b>High Knees</b>	<b>Wide Legged Forward Fold</b>	<b>Single Leg Toe Touch</b>	<b>Duck Walk</b>
<b>Triceps Stretch</b>	<b>Deep Breath</b>	<b>Free Space!</b>	<b>High Kicks</b>	<b>Skiers</b>
<b>High Plank</b>	<b>Butt Kickers</b>	<b>Air Drumming</b>	<b>Mountain Climbers</b>	<b>Side Lunges</b>
<b>Calf Raises</b>	<b>Knee Hugs</b>	<b>Shoulder Taps</b>	<b>Toe Touch Stretch</b>	<b>Squat Jumps</b>





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<b>Skiers</b>	<b>Shoulder Taps</b>	<b>High Knees</b>	<b>Knee Hugs</b>	<b>Squat Jumps</b>
<b>Duck Walk</b>	<b>Mountain Climbers</b>	<b>High Plank</b>	<b>Seated Flutter Kicks</b>	<b>Wide Legged Forward Fold</b>
<b>Inch Worms</b>	<b>Speed Hand Walks</b>	<b>Free Space!</b>	<b>Butt Kickers</b>	<b>Deep Breath</b>
<b>Calf Raises</b>	<b>Single Leg Toe Touch</b>	<b>Air Drumming</b>	<b>Spider Lunges</b>	<b>Air Jump Rope</b>
<b>Side Lunges</b>	<b>High Kicks</b>	<b>Triceps Stretch</b>	<b>Toe Touch Stretch</b>	<b>Flamingo Stretch</b>

# Fitness Bingo

<b>High Knees</b>	<b>High Plank</b>	<b>Knee Hugs</b>	<b>Speed Hand Walks</b>	<b>Toe Touch Stretch</b>
<b>Deep Breath</b>	<b>Spider Lunges</b>	<b>Butt Kickers</b>	<b>Single Leg Toe Touch</b>	<b>Flamingo Stretch</b>
<b>Shoulder Taps</b>	<b>High Kicks</b>	<b>Free Space!</b>	<b>Side Lunges</b>	<b>Air Jump Rope</b>
<b>Calf Raises</b>	<b>Squat Jumps</b>	<b>Air Drumming</b>	<b>Mountain Climbers</b>	<b>Seated Flutter Kicks</b>
<b>Wide Legged Forward Fold</b>	<b>Triceps Stretch</b>	<b>Inch Worms</b>	<b>Skiers</b>	<b>Duck Walk</b>





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<b>High Plank</b>	<b>Air Jump Rope</b>	<b>Skiers</b>	<b>Inch Worms</b>	<b>Triceps Stretch</b>
<b>High Kicks</b>	<b>Wide Legged Forward Fold</b>	<b>Mountain Climbers</b>	<b>Single Leg Toe Touch</b>	<b>Knee Hugs</b>
<b>Flamingo Stretch</b>	<b>Duck Walk</b>	<b>Free Space!</b>	<b>Butt Kickers</b>	<b>Deep Breath</b>
<b>Calf Raises</b>	<b>High Knees</b>	<b>Air Drumming</b>	<b>Spider Lunges</b>	<b>Seated Flutter Kicks</b>
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