

# B I N G O

<a href="#">Ninja Kids Balance</a>	<a href="#">Yoga</a>	<a href="#">Plank Tic Tac Toe</a>	<a href="#">Flip It</a>	<a href="#">Obstacle Course</a>
<a href="#">Dice Is Right</a>	<b>Go for a walk, run, bike or scooter ride outside with your family!</b>	<a href="#">Yoga</a>	<a href="#">Sock and Sit</a>	<b>Uno Fitness (see below)</b>
<a href="#">Obstacle Course</a>	<a href="#">Ninja Kids Balance</a>	<b>FREE</b>	<a href="#">Dice Is Right</a>	<a href="#">Yoga</a>
<a href="#">Up Up Up</a>	<a href="#">Obstacle Course</a>	<a href="#">Flip and Catch</a>	<b>Uno Fitness (see below)</b>	<b>Go for a walk, run, bike or scooter ride outside with your family!</b>
<a href="#">Flip and Catch</a>	<a href="#">Dice Is Right</a>	<b>Go for a walk, run, bike or scooter ride outside with your family!</b>	<a href="#">Ninja Kids Balance</a>	<a href="#">Plank Tic Tac Toe</a>

**Your goal this week is to get a BINGO by doing some of the activities above. You cross out one box every time you do one activity. Good luck, stay safe, and have FUN!**

# UNO HOME FITNESS!

## EQUIPMENT

Deck of UNO Cards

## OBJECTIVE

Collect as many cards as possible in a set time period

## RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a yellow 5= 5 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever Has the most cards wins!!!

## CARDS



JUMPING JACKS



JUMP TWISTS



TAKE 2 CARDS AND DO THE EXERCISES



SIDE HOPS



TAKE 4 CARDS AND DO THE EXERCISES



BURPEES



JOG BACKWARDS AROUND THE ROOM



SKIP AROUND THE ROOM



5 PUSH-UPS