

FUN Fitness BINGO

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Squat Challenge</u> (5 points + Bonus)	<u>Jumping jacks Challenge</u> (5 points + bonus)	<u>Push-up Challenge</u> (5 points + bonus)	<u>Lunge challenge</u> (5 points + bonus)	LIVE WARM-UP (5 points)
<u>Chair Triathlon</u> (5 points)	Step challenge OR <u>Run in Place</u> (5 points)	<u>Freeze Dance</u> (5 points)	<u>Go Noodle Workout</u> (5 points)	LIVE: Musical Chairs (5 points)
<u>Balance exercise</u> (5 points)	<u>Plank Challenge</u> (5 points + Bonus)	<u>Wall Sits</u> (5 points + bonus)	<u>Yoga</u> (5 points)	LIVE: Fitness Video (5 points)
<u>3 minute meditation</u> (15 points)	<u>BodyScan meditation</u> (15 points)	<u>Water movement meditation</u> (15 points)	<u>Answer:New Year Resolution</u> (15 points)	LIVE: Dance Party (5 points)
<u>Answer: What makes you feel strong?</u> (10 points)	<u>Answer: Who inspires you?</u> (10 points)	<u>Answer: Healthy Habits List</u> (10 points)	<u>Answer: Create your own workout routine and share!</u> (10 points)	LIVE: Mindfulness (15 points)

For demonstrations of the activity, please click on the activity. Almost all activities can be done in a classroom. Please see the instruction manual for additional resources and bonus point opportunities! Feel free to modify activities for your students as you see fit

Note: for "answer the question" activities, please submit a written, video, or picture response. Written responses can be submitted via Microsoft form by clicking on the text, attachments can be emailed to Gabby!

Class scores are calculated by adding the points from the bingo card and the bonus points. SOO staff will calculate additional points for receiving a BINGO! Please highlight each activity that you complete and record your score below. **Email your BINGO card to gabbyr@specialolympicsontario.com by Friday, January 24th at 5:00pm!**

Total Points: _____ (Total points from all the squares + bonus opportunities)