



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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# Fitness Bingo

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



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



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



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

# Fitness Bingo

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