*ESMS Physical Education and Health BINGO*

Students can complete this game on their own or make it something for the whole family to do together. Throughout the week, make it your goal to complete a line of five or even a “black out”.

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| Go for a 15-20 min. walk with a pet or family member. | 10 Burpees X 3 | Build a fort indoors using chairs and blankets. | Eat more than 5 different fruits/vegetables today. | Limit your screen time to under 2 hours. |
| Try Monday’s workout video on Teams | Check out a Movement video workout.\*There are some options on Mr. Makowsky’s website. | Go outside and build a fort using snow and ice. | Help your family to prepare a well-balanced meal. | Create an indoor or outdoor obstacle course with a family member. |
| Create a nutritious and delicious smoothie recipe. | 10 Squats x 3 sets | **FREE SPACE** | Try Thursday’s workout video on Teams | Take time to stretch your largest muscles. |
| Create an active game for you and your family to try(cooperative or competitive). | Head outside and play catch with a sibling or parent. | Use a chore to raise your heart rate (sweeping, washing windows, washing floors). | 30 Jumping Jacks x 3 sets |  Try Friday’s workout video on Teams |
| Check out the Movement Guidelines for Kids found on Mr. Makowsky’s website and reflect on your personal choices. | Try Tuesday’s workout video on Teams | Go on to Mr. Makowsky’s website and give the Strengthtathlon a try. | Track your food intake for a full day and compare to the Canada’s Food Guide. | 30-45 second Plank x 3 |