

Physical Literacy Bingo At CLES

B	I	N	G	O
Gross Motor	Fine Motor	Flexibility	Cardiovascular	Strength
Hopscotch. Indoor options use tape on the floor!	Sculpt with playdough! Bonus make your own!	YOGA!! Follow along to a cosmic kids yoga on youtube! My favourite one	Go for a walk with your family. Bonus find a big hill to go up	Plank Hold the plank position for as long as you can. Post your record in Classroom
Balloon Volleyball! See how many hits you can get.	Weave your own bracelet!	Twister If you don't have it you can make your own grid with tape!	Shovel the Driveway as fast as you can! Don't throw snow at your parents car!	Arm wrestle your family! Have a tournament and find the champ!
Dance! Indoor dance party with just dance videos.	Make homemade finger paint and paint a picture.	Free! You have earned a break!	Jump Rope See how many jumps you can get in a row without stopping.	Take part in some hand strengthening activities. Find them here!
Obstacle Course Set up an obstacle course and post a video so others can try.	Practice cup stacking. (Not with glass!!) Race your family!	Practice Tumbling Here is a resource you can use.	Pick your favorite activity! Burpee, jumping jacks, high knees, mountain climbers...	Complete this full body workout from Parents.com Find it here!
Martial Arts. Follow along to a martial arts class online	Make icing and ice cookies! Save some for Mr. Boychuk!	Practice Tai Chi This is a great way to help calm as well!	Race your family. Set out a race course and race your family. Or record your time then beat it.	Bring Sally Up challenge. Try it with squats, push ups or planks.