



Fitness Bingo

OVERVIEW

This lesson is similar to traditional bingo. Each student gets a fitness bingo card. Creating space between them and their peers, students will act out the exercise if they have it on their bingo card. Students will continue this until all spots have been filled. This lesson focuses on different exercises to move the whole body (psychomotor skills) as well as team work (affective skills).

LEARNING OBJECTIVES

Psychomotor

- Students will perform various locomotor skills around the classroom
- Students will use various muscle groups in order to perform exercise

Cognitive

- Students will be able to read the card and perform physical activities

Affective

- Students will respect each other by providing personal space while performing the activities

GRADE LEVEL

K-5

TIME ALLOTMENT

20-25 minutes

MATERIALS

- Fitness Bingo cards (1 for each student)
- Pens/pencils

BEFORE THE LESSON

- Prepare bingo cards
- Review exercises to be done in the activity

DURING THE LESSON

Part 1: “I do”

- Briefly demonstrate what the activity is and what it should look like: safe movements around the room

Part 2: “We do”

- Pass out bingo cards to each student
- Together as a class, teacher facilitates how to:
 - Create room between peers
 - Look for the exercise on their bingo card
 - Do the exercise
 - Mark it off on their bingo cards

Part 3: “You do”

- Without teacher support, students repeat the steps

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