

FITNESS BINGO

CARD 1

Complete 5 squares in a row - across, down, or diagonal!

10 Skater Steps	10 Side Steps	Balance on 1 Foot - 10 Sec	10 Arm Circles	10 Knee Lifts
10 Butt Kicks	March in Place 30 Seconds	10 Toe Touches	10 Air Punches	10 Heel Raises
5 Wall Push-Ups	Touch Toes 10 Times	FREE SPACE MOVE INTO LIFE!	5 Star Jumps	Dance for 30 Seconds
5 Sit-Ups	5 Chair Squats	10 Jumping Jacks	Stretch for 20 Seconds	Run in Place 30 Seconds
5 Frog Jumps	10 High Knees	Jog in Place 30 Seconds	5 Lunges	5 Squats

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 2

Complete 5 squares in a row - across, down, or diagonal!

10 Toe Touches	10 Air Punches	Dance for 30 Seconds	Run in Place 30 Seconds	Jog in Place 30 Seconds
5 Chair Squats	10 Butt Kicks	5 Lunges	10 Jumping Jacks	10 Skater Steps
Balance on 1 Foot - 10 Sec	March in Place 30 Seconds	FREE SPACE MOVE INTO LIFE!	10 Knee Lifts	10 Side Steps
Stretch for 20 Seconds	10 High Knees	5 Star Jumps	10 Heel Raises	5 Sit-Ups
5 Wall Push-Ups	Touch Toes 10 Times	5 Frog Jumps	10 Arm Circles	5 Squats

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 3

Complete 5 squares in a row - across, down, or diagonal!

5 Star Jumps	10 High Knees	Balance on 1 Foot - 10 Sec	10 Butt Kicks	Stretch for 20 Seconds
10 Toe Touches	10 Knee Lifts	5 Squats	10 Air Punches	5 Frog Jumps
10 Heel Raises	March in Place 30 Seconds	FREE SPACE MOVE INTO LIFE!	Touch Toes 10 Times	5 Wall Push-Ups
10 Jumping Jacks	5 Lunges	Run in Place 30 Seconds	5 Sit-Ups	5 Chair Squats
10 Arm Circles	10 Side Steps	10 Skater Steps	Jog in Place 30 Seconds	Dance for 30 Seconds

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 4

Complete 5 squares in a row - across, down, or diagonal!

5 Squats	10 Heel Raises	5 Star Jumps	5 Lunges	Run in Place 30 Seconds
5 Wall Push-Ups	10 Toe Touches	10 Air Punches	10 Jumping Jacks	Jog in Place 30 Seconds
Touch Toes 10 Times	5 Sit-Ups	FREE SPACE MOVE INTO LIFE!	Dance for 30 Seconds	10 Knee Lifts
5 Frog Jumps	Stretch for 20 Seconds	Balance on 1 Foot - 10 Sec	10 High Knees	5 Chair Squats
March in Place 30 Seconds	10 Side Steps	10 Arm Circles	10 Butt Kicks	10 Skater Steps

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 5

Complete 5 squares in a row - across, down, or diagonal!

5 Wall Push-Ups	Balance on 1 Foot - 10 Sec	5 Frog Jumps	10 Butt Kicks	10 Arm Circles
March in Place 30 Seconds	Jog in Place 30 Seconds	5 Lunges	5 Star Jumps	10 Knee Lifts
Touch Toes 10 Times	Stretch for 20 Seconds	FREE SPACE MOVE INTO LIFE!	Run in Place 30 Seconds	10 Air Punches
10 Jumping Jacks	5 Squats	10 Skater Steps	10 Toe Touches	5 Sit-Ups
10 High Knees	5 Chair Squats	10 Side Steps	Dance for 30 Seconds	10 Heel Raises

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 6

Complete 5 squares in a row - across, down, or diagonal!

5 Squats	5 Lunges	10 Toe Touches	10 Side Steps	10 High Knees
10 Jumping Jacks	Stretch for 20 Seconds	5 Sit-Ups	10 Heel Raises	10 Knee Lifts
Dance for 30 Seconds	Jog in Place 30 Seconds	FREE SPACE MOVE INTO LIFE!	5 Wall Push-Ups	March in Place 30 Seconds
Touch Toes 10 Times	10 Skater Steps	10 Air Punches	Balance on 1 Foot - 10 Sec	5 Chair Squats
10 Butt Kicks	5 Frog Jumps	Run in Place 30 Seconds	5 Star Jumps	10 Arm Circles

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 7

Complete 5 squares in a row - across, down, or diagonal!

10 Knee Lifts	5 Squats	5 Chair Squats	5 Wall Push-Ups	Stretch for 20 Seconds
10 Jumping Jacks	10 Skater Steps	5 Lunges	10 Heel Raises	Run in Place 30 Seconds
5 Frog Jumps	Touch Toes 10 Times	FREE SPACE MOVE INTO LIFE!	10 Toe Touches	Balance on 1 Foot - 10 Sec
10 Air Punches	Dance for 30 Seconds	10 Arm Circles	10 Side Steps	5 Star Jumps
10 High Knees	10 Butt Kicks	March in Place 30 Seconds	5 Sit-Ups	Jog in Place 30 Seconds

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 8

Complete 5 squares in a row - across, down, or diagonal!

10 Skater Steps	Jog in Place 30 Seconds	5 Squats	Stretch for 20 Seconds	5 Lunges
March in Place 30 Seconds	Dance for 30 Seconds	5 Star Jumps	10 Air Punches	5 Sit-Ups
10 Knee Lifts	10 Butt Kicks	FREE SPACE MOVE INTO LIFE!	5 Wall Push-Ups	10 Toe Touches
5 Frog Jumps	Run in Place 30 Seconds	5 Chair Squats	10 Heel Raises	10 High Knees
Balance on 1 Foot - 10 Sec	Touch Toes 10 Times	10 Jumping Jacks	10 Side Steps	10 Arm Circles

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 9

Complete 5 squares in a row - across, down, or diagonal!

March in Place 30 Seconds	10 Butt Kicks	5 Squats	10 Air Punches	Stretch for 20 Seconds
10 Jumping Jacks	Dance for 30 Seconds	10 Knee Lifts	5 Lunges	5 Wall Push-Ups
5 Chair Squats	5 Frog Jumps	FREE SPACE MOVE INTO LIFE!	10 High Knees	10 Arm Circles
Run in Place 30 Seconds	10 Skater Steps	Balance on 1 Foot - 10 Sec	10 Heel Raises	Touch Toes 10 Times
5 Star Jumps	Jog in Place 30 Seconds	5 Sit-Ups	10 Toe Touches	10 Side Steps

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 10

Complete 5 squares in a row - across, down, or diagonal!

10 Toe Touches	5 Squats	5 Lunges	5 Frog Jumps	March in Place 30 Seconds
5 Star Jumps	Balance on 1 Foot - 10 Sec	Dance for 30 Seconds	Touch Toes 10 Times	10 Arm Circles
10 Air Punches	10 Butt Kicks	FREE SPACE MOVE INTO LIFE!	5 Sit-Ups	10 Jumping Jacks
Jog in Place 30 Seconds	10 Skater Steps	10 Knee Lifts	10 Heel Raises	10 High Knees
10 Side Steps	5 Wall Push-Ups	Run in Place 30 Seconds	Stretch for 20 Seconds	5 Chair Squats

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 11

Complete 5 squares in a row - across, down, or diagonal!

5 Sit-Ups	10 Skater Steps	5 Chair Squats	10 Toe Touches	10 Air Punches
5 Squats	10 Knee Lifts	March in Place 30 Seconds	5 Wall Push-Ups	10 Side Steps
Run in Place 30 Seconds	Balance on 1 Foot - 10 Sec	FREE SPACE MOVE INTO LIFE!	10 High Knees	Jog in Place 30 Seconds
10 Heel Raises	5 Lunges	Dance for 30 Seconds	10 Butt Kicks	5 Star Jumps
Stretch for 20 Seconds	10 Arm Circles	10 Jumping Jacks	5 Frog Jumps	Touch Toes 10 Times

Move safely, have fun, and encourage your teammates!

FITNESS BINGO

CARD 12

Complete 5 squares in a row - across, down, or diagonal!

Run in Place 30 Seconds	10 Knee Lifts	Dance for 30 Seconds	5 Star Jumps	10 Skater Steps
5 Squats	10 Heel Raises	5 Frog Jumps	5 Wall Push-Ups	10 Toe Touches
10 Arm Circles	5 Chair Squats	FREE SPACE MOVE INTO LIFE!	10 Butt Kicks	March in Place 30 Seconds
5 Sit-Ups	10 Jumping Jacks	Touch Toes 10 Times	10 Side Steps	10 Air Punches
Balance on 1 Foot - 10 Sec	10 High Knees	5 Lunges	Jog in Place 30 Seconds	Stretch for 20 Seconds

Move safely, have fun, and encourage your teammates!

FITNESS BINGO - COACH SHEET

How to Play

1. Give each student or small group a Fitness Bingo card.
2. Call out activities one at a time, or let students choose squares independently.
3. Students complete the activity before marking the square.
4. First student/group to complete 5 in a row - across, down, or diagonal - calls BINGO!
5. For a longer workout, play for two lines, four corners, or a full-card blackout.

Activity Caller List

- | | |
|---|--|
| ☐ 10 Jumping Jacks | ☐ 10 Knee Lifts |
| ☐ 10 Toe Touches | ☐ Touch Toes 10 Times |
| ☐ Jog in Place 30 Seconds | ☐ Dance for 30 Seconds |
| ☐ 5 Squats | ☐ 5 Sit-Ups |
| ☐ Balance on 1 Foot - 10 Sec | ☐ 10 Skater Steps |
| ☐ 10 High Knees | ☐ 10 Heel Raises |
| ☐ 5 Wall Push-Ups | ☐ 5 Star Jumps |
| ☐ 10 Arm Circles | ☐ Run in Place 30 Seconds |
| ☐ 5 Lunges | ☐ 10 Air Punches |
| ☐ March in Place 30 Seconds | ☐ 5 Chair Squats |
| ☐ 10 Side Steps | ☐ Stretch for 20 Seconds |
| ☐ 5 Frog Jumps | ☐ 10 Butt Kicks |

Tip: Modify repetitions or movement intensity as needed for your students and space.