



Apollo Elementary Fitness Bingo

April 2016

	Play your favorite sport	CHOICE <hr/> Activity (20 minutes)	Make up a game to play outside	How long can you keep a ball in the air?	
	Go for a walk outside	Count how many jumping jacks you can do	Make up your own relay race	CHOICE <hr/> Activity (20 minutes)	
	CHOICE <hr/> Activity (20 minutes)	Bike or Scooter or Skateboard outside	Play catch with someone	Count how long you can balance on one leg	
	Play outside with your family or friends	Throw and catch an object without dropping it 30 times	CHOICE <hr/> Activity (20 minutes)	Skip and gallop and to and from the mailbox	
	Turn on some music and dance!	Pretend you are a rocket being launched into space	STRETCH AND TOUCH YOUR TOES AT LEAST 10 TIMES	CHOICE <hr/> Activity (20 Minutes)	
	Play a game of hopscotch	CHOICE <hr/> Activity (20 minute)	Help with spring cleaning! Do a chore at home	Do at least 5 push-ups Can you do more?	

DIRECTIONS:

- 1) Complete **20 activities** within the month to win Fitness Bingo!
- 2) Color each box in crayon or colored pencil as you complete the activity.
- 3) CHOICE boxes must be 20 minutes or more of physical activities. Examples: sports practice, dance, bike ride, tag, mowing lawn, walking dog, physical therapy, family walks, Wii Fit, etc.
- 4) If you are unable to do an activity because of disability, space, lack of equipment, etc., please replace it with a similar activity that you can do.
- 5) Turn in the completed Bingo sheet in the drop-off folder near the gym **by May 2** to earn a prize!

Name: _____ Grade: _____ Teacher: _____

Questions? Contact the Apollo PTA Fitness Committee: fitness@apollopta.org



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Why Fitness Bingo?

- * The Apollo PTA is working with the school to encourage students to get more physical activity at school and at home. Fitness Bingo is one way we hope to get students thinking of how they can be active outside of school.
- * The Centers for Disease Control and Prevention recommend that children have 60 minutes (or more) of physical activity each day (<http://www.cdc.gov/physicalactivity/basics/children/>).
- * Students need to be active outside of school to reach the recommended 60 minutes of physical activity per day.
- * It is important for children to make physical activity and healthy eating part of a regular healthy lifestyle. Children who do not have healthy lifestyles are at risk of childhood obesity, which can lead to risk factors for cardiovascular disease, pre-diabetes, and bone and joint problems (<http://www.cdc.gov/healthyschools/obesity/facts.htm>).
- * Childhood obesity has more than doubled in children in the past 30 years (<http://www.cdc.gov/healthyschools/obesity/facts.htm>).

Family Fitness Ideas

**Adapted from Let's Move! – Active Families (<http://www.letsmove.gov/active-families>)*

- * Give children toys that encourage physical activity like balls, kites, and jump ropes.
- * Encourage children to join a sports team or try a new physical activity.
- * Limit TV time and keep the TV out of a child's bedroom.
- * Facilitate a safe walk to and from school a few times a week.
- * Take the stairs instead of the elevator.
- * Walk around the block after a meal.
- * Make a new house rule: no sitting still during television commercials.
- * Find time to spend together doing a fun activity: Family Park day, swim day or bike day.
- * Issue a family challenge to see who can be the first to achieve a Presidential Active Lifestyle Award by committing to physical activity five days a week, for six weeks. Adults and children can both receive the award!
- * Talk to your children's principal or write a letter to your district superintendent to incorporate more physical education in schools.
- * Volunteer to help with afterschool physical activity programs or sports teams.
- * Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.
- * Learn how engaging in outside activities can be fun and affordable for families through Let's Move Outside, which promotes a range of healthy outdoor activities for children and families across the country.

Resources:

- * Let's Move! (<http://www.letsmove.gov/>)
- * Action for Healthy Kids (<http://www.actionforhealthykids.org>)
- * CDC – Adding Physical Activity to Your Life (<http://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>)

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