

# NTI Day 4- HEALTH AND PHYSICAL EDUCATION

**Learning Target:** I will find ways to be physically active at home by choosing different activities in order to get a BINGO

**Kentucky Academic Standard:** Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction. Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.

K.5.SE1. Explore enjoyable physical activities.

1.5.SE1. Describe positive feelings that result from participating in physical activities.

2.5.SE1. Identify physical activities that provide self-expression

3.5.SE1. Explain how physical activities are enjoyable.

4.5.SE1. Rank the enjoyment of participating in various physical activities.

5.5.SEE1. Analyze different physical activities for enjoyment and challenge identifying reasons for a positive or negative response.

Describe which activities which you chose to complete your fitness bingo.

This can be complete on paper or a google form.

Visit [CGESspecialarea.weebly.com](http://CGESspecialarea.weebly.com)

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Want more of a challenge? Complete multiple lines for Bingo or do a Cover All.  
Too hard? Complete a Postage Stamp - complete 4 exercises in one of the corners

## Fitness Bingo

B	I	N	G	O
Be a superhero! Think about all of your favorite superheroes and then spend some time moving just like they would.	Get outside and pick up trash in your yard.	How many different ways can you carry a sock as you move around the house?	Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.	Turn on some music and take turns choosing a way to move.
Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.	Work on your tossing and catching skills with someone. Toss it right to their hands.	Balance on two body parts. How about three parts or four or ever five body parts?	Using an empty paper towel roll and a balloon; work on volleying the balloon so it does not touch the floor.	Jump 13 times – hop 13 times – march 13 steps – reach up high 13 times.
Work on your bending, twisting, shaking, reaching, and crunching. Can you think of other ways to move while staying in one spot?	Find lines on the sidewalk or driveway and jump over them. Remember to land softly on two feet.	Get outside and run, gallop, and jump all over. Feel your heart when you are done – what is it doing?	Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.	Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball.
Take a walk. Each time you see a sign of spring do 10 jumps for joy.	Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.	Can you skip? Give it a try – step, hop, step, hop.	Pick up your room! Each time you pick something up do five jumps before you put it away.	Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.
Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.	Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.	Play catch with someone. Start really close and after every two tosses back up one step.	Ask someone to pitch some balls to you as you try to hit them with a big, soft bat.