

BODY BINGO

GRADES 3-5

- RULES:**
1. Complete each math problem and exercise across, down, or diagonally to get BINGO.
 2. Only correct answers and completed exercises will be accepted.
 3. Players who complete the entire card will get to be a recess helper.

NAME: _____ **SCHOOL:** _____ **CLASS:** _____ **DATE:** _____

$45 \div 5 = \underline{\quad}$ BICEP CURLS	$35 - 8 = \underline{\quad}$ TUMMY TWISTS	$64 \div 8 = \underline{\quad}$ EAGLE TREE POSE	$22 + 10 = \underline{\quad}$ ANKLE CIRCLES (LEFT)	$3 + 9 = \underline{\quad}$ RAISE THE ROOF
$5 \times 3 = \underline{\quad}$ SQUATS	$7 \times 4 = \underline{\quad}$ LUNGES	$77 - 29 = \underline{\quad}$ ARM CIRCLE	$18 \div 3 = \underline{\quad}$ EAGLE TREE POSE	$20 - 7 = \underline{\quad}$ SINGLE LEG BALANCE (RIGHT)
$15 + 15 = \underline{\quad}$ LUNGES	$30 \times 0.1 = \underline{\quad}$ SINGLE LEG BALANCE (LEFT)	$7 + 7 = \underline{\quad}$ STAR POSE	$50 \times 0.2 = \underline{\quad}$ SHOULDER BOUNCE	$36 \div 6 = \underline{\quad}$ SQUATS
$64 - 55 = \underline{\quad}$ BICEP CURLS	$6 + 16 = \underline{\quad}$ ANKLE CIRCLES (RIGHT)	$55 - 43 = \underline{\quad}$ ARM CIRCLES	$14 + 11 = \underline{\quad}$ TUMMY TWISTS	$60 \times 0.3 = \underline{\quad}$ STAR POSE
$40 \times 0.4 = \underline{\quad}$ SHOULDER BOUNCE	$45 - 5 = \underline{\quad}$ TUMMY TWISTS	$70 \div 10 = \underline{\quad}$ CHILD'S POSE	$55 - 33 = \underline{\quad}$ CHAIR POSE	$5 + 16 = \underline{\quad}$ BICEP CURLS

BODY BINGO

GRADES 3-5



SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



TUMMY TWISTS

1. Sit up in your chair.
2. Twist your shoulder and body from left to right slowly.
3. Repeat several times.



STAR POSE

1. Stand up nice and tall.
2. Spread out arms and legs as if you were a star.
3. Hold that pose.



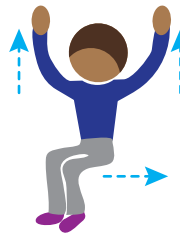
ARM CIRCLES

1. Sit up nice and tall.
2. Stretch your arms up towards the ceiling.
3. Make small and large circles with your arms.



EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
2. Cross one arm over another with your hands on your chest.
3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



CHAIR POSE

1. Stand up nice and tall.
2. Place your arms up towards the ceiling.
3. Slowly bend your knees.
4. Pretend to sit in a chair without sitting in the chair.
5. Hold that pose.



LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.

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GRADES 3-5

- RULES:**
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1

NAME: _____ **SCHOOL:** _____ **CLASS:** _____ **DATE:** _____

$45 \div 5 = \underline{\quad}$ BICEP CURLS	$35 - 8 = \underline{\quad}$ TUMMY TWISTS	$64 \div 8 = \underline{\quad}$ EAGLE TREE POSE	$7 \times 4 = \underline{\quad}$ LUNGES	$36 \div 6 = \underline{\quad}$ SQUATS
$40 \times 0.4 = \underline{\quad}$ SHOULDER BOUNCE	$45 - 5 = \underline{\quad}$ LUNGES	$70 \div 10 = \underline{\quad}$ CHILD'S POSE	$18 \div 3 = \underline{\quad}$ EAGLE TREE POSE	$5 + 16 = \underline{\quad}$ BICEP CURLS
$5 \times 3 = \underline{\quad}$ SQUATS	$22 + 10 = \underline{\quad}$ ANKLE CIRCLES (LEFT)	$7 + 7 = \underline{\quad}$ STAR POSE	$55 - 33 = \underline{\quad}$ CHAIR POSE	$20 - 7 = \underline{\quad}$ SINGLE LEG BALANCE (RIGHT)
$64 - 55 = \underline{\quad}$ BICEP CURLS	$6 + 16 = \underline{\quad}$ ANKLE CIRCLES (RIGHT)	$55 - 43 = \underline{\quad}$ ARM CIRCLES	$14 + 11 = \underline{\quad}$ TUMMY TWISTS	$3 + 9 = \underline{\quad}$ RAISE THE ROOF
$15 + 15 = \underline{\quad}$ __ LUNGES	$30 \times 0.1 = \underline{\quad}$ SINGLE LEG BALANCE (LEFT)	$77 - 29 = \underline{\quad}$ ARM CIRCLES	$50 \times 0.2 = \underline{\quad}$ SHOULDER BOUNCE	$60 \times 0.3 = \underline{\quad}$ STAR POSE

BODY BINGO

GRADES 3-5



SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



TUMMY TWISTS

1. Sit up in your chair.
2. Twist your shoulder and body from left to right slowly.
3. Repeat several times.



STAR POSE

1. Stand up nice and tall.
2. Spread out arms and legs as if you were a star.
3. Hold that pose.



ARM CIRCLES

1. Sit up nice and tall.
2. Stretch your arms up towards the ceiling.
3. Make small and large circles with your arms.



EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
2. Cross one arm over another with your hands on your chest.
3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



CHAIR POSE

1. Stand up nice and tall.
2. Place your arms up towards the ceiling.
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4. Pretend to sit in a chair without sitting in the chair.
5. Hold that pose.



LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
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- RULES:**
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NAME: _____ **SCHOOL:** _____ **CLASS:** _____ **DATE:** _____

$55-33=$ _ CHAIR POSE	$35-8=$ _ TUMMY TWISTS	$64\div 8=$ _ EAGLE TREE POSE	$7+7=$ _ STAR POSE	$5+16=$ _ BICEP CURLS
$5\times 3=$ _ SQUATS	$22+10=$ _ ANKLE CIRCLES (LEFT)	$36\div 6=$ _ SQUATS	$18\div 3=$ _ EAGLE TREE POSE	$60\times 0.3=$ _ STAR POSE
$15+15=$ _ LUNGES	$30\times 0.1=$ _ SINGLE LEG BALANCE (LEFT)	$70\div 10=$ _ CHILD'S POSE	$50\times 0.2=$ _ SHOULDER BOUNCE	$77-29=$ _ ARM CIRCLES
$64-55=$ _ BICEP CURLS	$6+16=$ _ ANKLE CIRCLES (RIGHT)	$55-43=$ _ ARM CIRCLES	$14+11=$ _ TUMMY TWISTS	$20-7=$ _ SINGLE LEG BALANCE (RIGHT)
$3+9=$ _ RAISE THE ROOF	$45\div 5=$ _ BICEP CURLS	$7\times 4=$ _ LUNGES	$45-5=$ _ TUMMY TWISTS	$40\times 0.4=$ _ SHOULDER BOUNCE

BODY BINGO

GRADES 3-5



SQUATS

1. Stand up and put your hands on your hips.
2. Slowly bend your knees.
3. Pretend to sit in a chair without sitting in the chair.
4. Stand up and repeat.



TUMMY TWISTS

1. Sit up in your chair.
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3. Repeat several times.



STAR POSE

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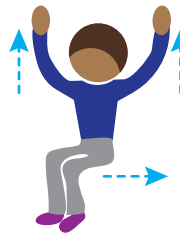
ARM CIRCLES

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EAGLE TREE POSE

1. Stand up and focus your eyes on something that does not move.
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3. Slowly slide one foot up against the other leg to balance.
4. Repeat on the other side.



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LUNGES

1. Stand up nice and tall
2. Step one leg forward and keep one leg back.
3. Slowly bend your legs down and up.
4. Switch sides and repeat.



ANKLE CIRCLES

1. Sit up nice and tall.
2. With one foot roll your ankle in a complete circle.
3. Repeat several times.



BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.

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3

NAME: _____ **SCHOOL:** _____ **CLASS:** _____ **DATE:** _____

$55-43=$ _ ARM CIRCLES	$7+7=$ _ STAR POSE	$55-33=$ _ CHAIR POSE	$5+6=$ _ BICEP CURLS
$5 \times 3=$ _ SQUATS	$22+10=$ _ ANKLE CIRCLES (LEFT)	$20-7=$ _ SINGLE LEG BALANCE (RIGHT)	$60 \times 0.3=$ _ STAR POSE
$6+16=$ _ ANKLE CIRCLES (RIGHT)	$64 \div 8=$ _ EAGLE TREE POSE	$50 \times 0.2=$ _ SHOULDER BOUNCE	$40 \times 0.4=$ _ SHOULDER BOUNCE
$64-55=$ _ BICEP CURLS	$15+15=$ _ LUNGES	$14+11=$ _ TUMMY TWISTS	$77-29=$ _ ARM CIRCLES
$3+9=$ _ RAISE THE ROOF	$45 \div 5=$ _ BICEP CURLS	$45-5=$ _ TUMMY TWISTS	$18 \div 3=$ _ EAGLE TREE POSE

BODY BINGO

GRADES 3-5



SQUATS

1. Stand up and put your hands on your hips.
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4. Stand up and repeat.



TUMMY TWISTS

1. Sit up in your chair.
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BICEP CURLS

1. Stand up nice and tall.
2. Put arms straight out at your sides.
3. Slowly lift your arms up as you bend your elbows.
4. Slowly lower them back down to your sides.
5. Repeat.



SHOULDER BOUNCE

1. Sit up nice and tall.
2. Bring your shoulders up towards your ears.
3. Drop them down.
4. Repeat.



RAISE THE ROOF

1. Stand up nice and tall.
2. Lift hands up towards the ceiling, palms facing up.
3. Raise arms up and down.
4. Repeat several times.



SINGLE LEG BALANCE

1. Stand up nice and tall.
2. Place arms out to the side.
3. Lift one leg off of the floor and hold.