**Outdoor Activity Bingo**

Is it FINALLY beautiful outside in Pittsburgh? Use this Activity Bingo game to keep the exercises flowing and the fun levels to the max!  
OR  
Use this sheet to help give you some activities to do over the course of a week. Can you check all of them off in 5 days?

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| **B** | **I** | **N** | **G** | **O** |
| Throw a Ball in the air (as high as you can) 10 times. | Catch 5 different objects 3 times in a row (per object.) | Run 10 laps around your home (5 laps for larger properties.) | 10 Pushups | Throw a frisbee / disc 20 times with your left arm. |
| [10 Star Jumps](https://www.youtube.com/watch?v=h6wu4_LOhyU) | Use your 5 SENSES to describe the outdoors! | Count how many trees you can see from your front door! | Kick a ball 10 times with your left foot. | 15 Squats |
| Strike a ball with an object 20 times (baseball, hockey, etc.) | Spend 30:00 minutes reading outside! Enjoy the fresh air and the sunshine! | [**FREE**](https://www.youtube.com/watch?v=R2eEUdvFFQA) | Run from your front door to the nearest tree and back as fast as you can (be safe!) | Jog In Place for 30 seconds |
| Play catch with someone for 10:00 minutes. Work on throwing and catching with both hands. | Kick a ball ten times with your right foot. | **CHOICE ACTIVITY**: Do whichever activity you’d like to, OUTSIDE, for 10:00 minutes | 20 Jumping Jacks | WITH YOUR PARENTS: take a walk somewhere you know and try to notice something NEW. |
| Go on a 20:00 walk around your neighborhood / home with your parents. | Help a parent with one OUTDOOR CHORE. | Throw a frisbee / disc 20 times with your right arm. | Give your parent(s) a big hug! | Throw a ball into the air with one arm, and catch it with the other (do this 10 times.) |