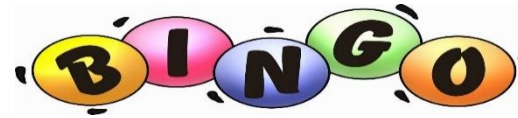


# Hawaii Kinesiology



Complete at least one game each day. After you complete the activity you can mark it with an X.

B	I	N	G	O
Jump forward and backward 25 times	Jump side to side 25 times	Climb the Plank Ladder 10 seconds high planks 20 seconds shoulder tap 30 seconds plank jacks	Create a healthy menu for one day Include 3 meals	Curl-ups Do 2 sets of 15
List 3 healthy snacks that you like	Alternate Leg Lifts 20 times	Jog in place Count in multiples of 2 up to 50	Hop on your left foot 10 times Hop on your right foot 10 times	Windmills Touch each foot 10 times with opposite hand
Do 20 squats using good form	Do 10 push-ups straight leg or on knees	Free Space Name: HR:	Wall Sit Count to 30	Butterfly Stretch Count to 30 using odd numbers 1-3-5-7-etc...
Crab walk around the house – count to 15	Keep a journal of how many cups (8 ounces) of water you drink in one day.	Jumping Jacks 25 times	20 Frog jumps	Giant Arm Circles 20 straight arm giant arm circles going backwards
Arm Circles 20 straight arm small circles going forward	Lunge Stretch Count to 10 for each leg	Do 20 Burpees	Bear Walk around the house – count to 100 by 5's	Draw a picture of yourself doing your favorite physical activity

How many different types of BINGO can you do?

Regular Bingo

x				
	x			
		x		
			x	
				x

4 Corners

x				x
x				x

X Double Bingo

x				x
	x		x	
		x		
	x		x	
x				x

Vertical Bingo

a	x		s	o
a	x		s	o
a	x		s	o
a	x		s	o
a	x		s	o

Horizontal Bingo

x	x	x	x	x
o	o	o	o	o
a	a	a	a	a
s	s	s	s	s

Postage Stamp Bingo

x	x		o	o
x	x		o	o
s	s		a	a
s	s		a	a

Blackout

x	x	x	x	x
x	x	x	x	x
x	x	X	x	x
x	x	x	x	x
x	x	x	x	x