



SNOWMAN FITNESS BINGO

STUDENT TARGETS

- **Leadership:** I will demonstrate leadership by displaying integrity and honesty during the game.
- **Kindness:** I will celebrate others with sincerity to help our class celebrate each win during the game.

EQUIPMENT & SET-UP

Equipment:

- 1 Snowman Fitness Bingo Card per student (or complete 1 card as a class)
- 1 set of Fitness Bingo Squares cut out and shuffled in a hat or box
- Pencils

Set-Up:

- Students begin at their desk.
- Each student begins with a Fitness Bingo Card and a pencil (or with one card displayed for the class if being played as a large group).
- Students can complete the fitness exercises with their chairs pushed into their desks.



ACTIVITY PROCEDURES

1. It's time for Snowman Fitness Bingo! The object of the game is to connect a horizontal, vertical, or diagonal line (corner to corner) on your Bingo Card.
2. I'm going to pull a Fitness Bingo Square from the box. If you have that exercise on your board, put a check or an "x" in the box inside the correct space on your card.
3. We will all complete the movement on the square that was pulled from the box for 10 seconds before the next card is pulled.
4. As soon as you connect a full line on your card, yell, "SNOWMAN BINGO!"
5. We will play several different rounds to see how many of us can collect a Snowman Bingo.
6. *Teacher Note: Depending on time allowed, complete a variety of board challenges (e.g., create an X, get every outside border square, etc.).*

DEBRIEF QUESTIONS

- **DOK 1:** What does it mean to have integrity?
- **DOK 2:** What is a way that you showed honesty and integrity during the game today?
- **DOK 3:** How could you hold a classmate accountable if you witnessed someone else that wasn't being honest during the game?

TEACHING TIPS

- **TIP 1:** Preview the movements on the Fitness Bingo Squares to ensure that all of them can be completely safely in the space behind each student's desk (with the chair pushed in). Remove any card that cannot be completed safely in your teaching space or identify ways the students can modify the movement in the space available.
- **TIP 2:** Allow students to complete a modified version of the movements from the Fitness Bingo Squares or complete the movements in their chairs if needed.