

B	I	N	G	O
Create a workout video	Read an article about fitness and respond	Download a fitness app and use it	Create a how to video of how to cook a healthy snack	Interview your fitness role model
Play a physical video game, such as Kinect or Wii and then do the the same activity in the traditional manner- compare and contrast	Coach a younger group of students in a physical activity	Make a menu for a healthy restaurant	Pick a skill in a sport and practice it daily for a month	Create a how to video to teach a skill
Cook a healthy meal for your family that connects to the food guide	Other than for school assignments, go a week without tech	FREE <i>Not traditional Bingo-to use FREE you must choose another square</i>	Research a professional athlete and their training regime	Play a sport that you have never played before
Participate in a physical activity with your family once a week for a month	Plan a week of healthy meals at fast food restaurants	Create a how to video to teach a sport	Play a sport on a video game and in real life and watch it played professionally and compare and contrast a sport	Research a professional athlete and struggles they have overcome to be successful
Watch a sport that you have never really watched before	Research a fitness role model	Train during recess once a week for the term	Create a game and teach it	Make a healthy meal plan and follow it

