

Stunts/Tumbling/Gymnastics

Idea by Conor Zaputil
@pe4life8

"Points of Balance" Bingo

Activity Sheet by Mike
Graham @pe4everykid

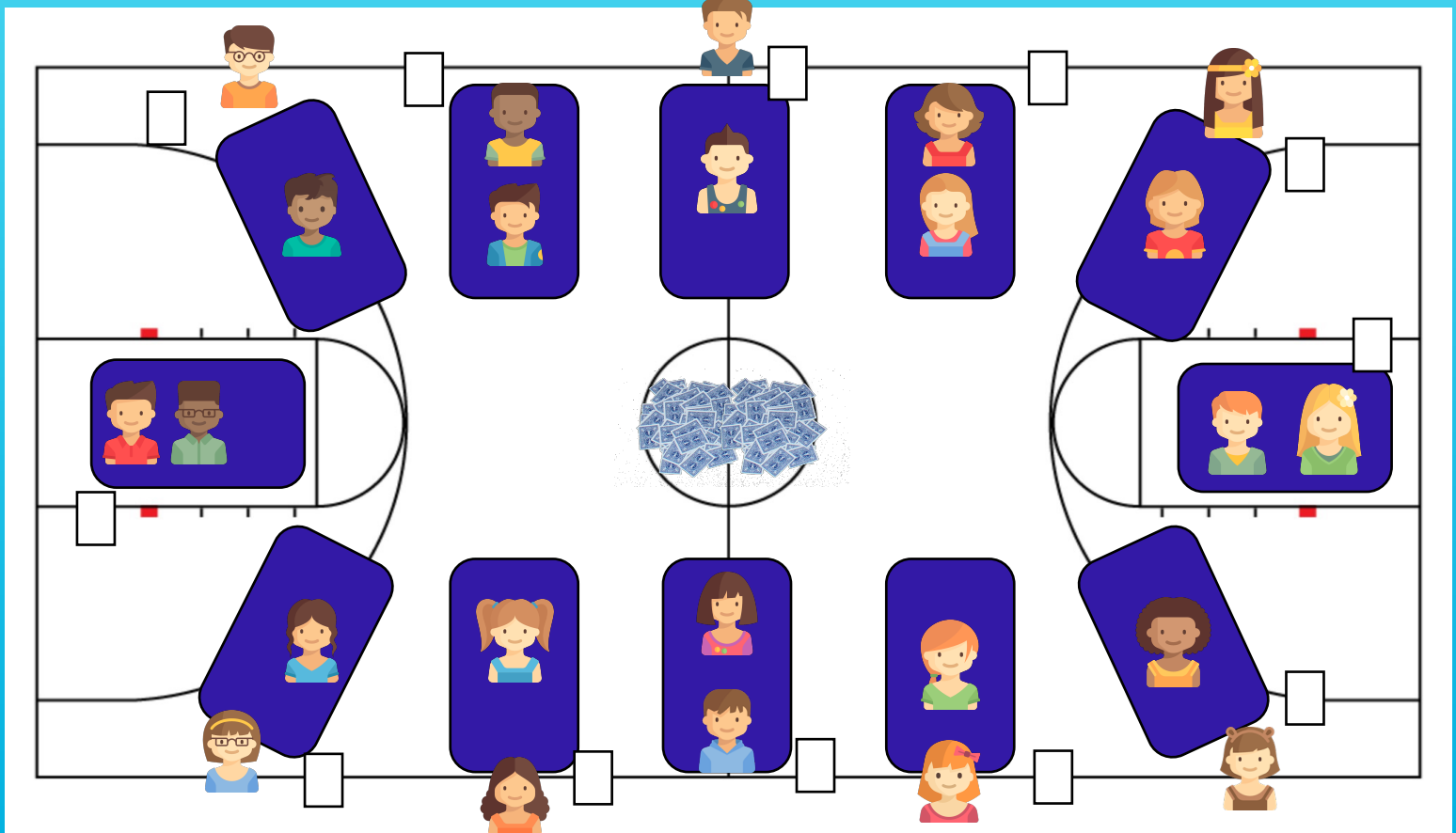
Equipment: 2-3 decks of playing cards (Aces through 5s only), bingo score cards (laminated or in dry erase sheet protectors), dry erase markers, tumbling mats.

Set-up: Students in groups of 2-3 at a mat. Have your tumbling mats arranged around the outside of your gym space with the middle circle open. Place cards face down, spread out in the middle circle.

Game Play: When the music starts, the first student from each group goes to the center, selects a card and brings it back to the group. They look at the number on the card and find that number on the bingo scoresheet. All students in that group must each perform a different balance using that number of balance points touching the mat. Balances should be held for a minimum of 5 seconds. Once they are all balancing on the correct number of points, they can cross out one of that number on the scorecard. The next student in the group will return the card face down and select another card. Once a group has completed 5 balances in a row (horizontal, vertical, or diagonal) they have BINGO!

Note: After a group has Bingo, they can clear their board and start again or you can have all groups clear their scorecards and start again.

Gym Set Up



POINTS OF BALANCE BINGO

2	3	1	4	1
1	5	2	2	4
4	2	Free	1	4
3	3	5	2	5
2	1	3	5	2

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4	2	Free	1	4
3	3	5	2	5
2	1	3	5	2

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