

## Health & Fitness Findings Bingo

This simple ice-breaker activity is meant to stimulate conversations and thoughts around aspects of health-related fitness. The activity also provides an opportunity for students to get to know one another a little better. As students learn more about who is in the room the hope is that they will recognize ways to support each other during class activities and discussions.

**Directions:** Hand out one copy of the Health & Fitness Findings Bongo sheet (below) to every person in the group/class. Each person will need a pen or a pencil as well. (If available use notebooks underneath the bingo sheet to provide something sturdy to write on. If this is not possible participants can usually figure out how to get signatures without poking holes in the paper.)

Before starting the activity, ask the participants to look over all the items on the bingo sheet. If they have any questions about any of the items they can bring them up for clarification.

When all is clear, the objective of this activity is for each person to gain as many different signatures on his or her bingo sheet as possible before the activity ends. Advise players to sign their first names clearly under a relevant item so the person can be identified later during the discussion. As soon as someone obtains a row, column or diagonal of five DIFFERENT signatures, a player can yell, "BINGO" and then keep on playing (everyone gets to keep on playing). Here are two possible ways to conclude this activity: Give the group a certain amount of time, say 5 minutes, and then stop. (If players get a signature for each item before the time is up, ask them to collect a second signature from a different person for each item – they can call BINGO when gaining a row, column or diagonal of five with double signatures.). Another way end this one is to tell the group that once you hear 10 (or 15, or...) "BINGOS" called out by a combination of players the activity will stop.

After you get everyone to sit down (at desks or sitting on the floor) take some time to talk about the items on the bingo sheet. What is important about the items? How is each item related to a healthy lifestyle? What other items could be added to a Health & Fitness Findings Bingo Sheet? If you have enough time, call out a student's name (maybe in order around the circle – if everyone is sitting in a circle) and ask, "What do we know about Sam?" "What do we know about Sally?" Encourage sharing bingo items signed by that person or other positive traits. (Caution: Be sure to preface the sharing with boundaries over what can be shared. You don't want to embarrass anyone.)

### References:

- *Autographs* in Cain, J., & Jolliff, B. (1998). *Teamwork and Teamplay: A Guide to Cooperative, Challenge Adventure Activities...* Dubuque, IA: Kendall/Hunt Publishing.
- *Human Bingo* in Kreidler, W. J., & Furlong, L. (1996). *Adventures in Peacemaking: A Conflict Resolution Activity Guide*. Cambridge, MA: Educators for Social Responsibility and Project Adventure, Inc.
- *Human Treasure Hunt* in Rohnke, K., & Butler, S. (1995). *Quicksilver: Adventure Games...* Dubuque, IA: Kendall/Hunt Publishing.

## Health & Fitness Findings Bingo

I have run in an organized race event.	I follow a specific eating plan/diet.	I drink a lot of fluids throughout the day.	I attend at least one fitness class a week.	I count my calorie intake every day.
I eat at least one piece of fruit per day.	My resting heart rate is below 60 bpm.	I can jump rope for at least three minutes without stopping.	I can do at least 10 push-ups in a row.	I get my cardio through traveling exercise.
I can balance on one foot for over a minute.	I exercise at least 4 times a week.		I can hold my own body weight up off the ground for over one minute.	I can touch the floor keeping my legs straight.
I can bench press over half my body weight.	I can touch my big toe to my nose.	I know my target heart rate zone.	I exercise regularly with a CD/video program.	I eat at least one serving of raw vegetables every day.
I can do at least 5 chin-ups today.	I get my cardio through stationary exercise.	At this time I have one fitness related goal.	I can swim at least 8 lengths of the pool without stopping.	I can run a mile today without stopping.