

Environmental Education: Active Transportation

Ready Step Roll Bingo



Background Information

Data from a 2016 survey revealed that almost half (47%) of the students in our region are driven to/from school. Active transportation (walking, cycling, etc.) is a great way to develop physical literacy in children of all ages. Active transportation helps build a child's physical competencies by incorporating fundamental movement skills, including running, wheeling and balancing, while also building their confidence through being able to move independently around their neighbourhood. Active transportation also provides many mental health benefits and creates opportunities for children to engage with their community as well as opportunities to take breaks and socialize appropriately away from screens.

Everyday can be a new adventure when you choose to use active transportation. Even if your daily route stays the same — the world around us is constantly changing! Making the choice to walk and wheel is beneficial for our physical and mental health as well as the environment. Each trip completed using active travel reduces traffic emissions and congestion, creating cleaner air and safer streets.

There are many ways to participate in active transportation and even more ways to make it fun. In this activity, we are challenging kids and their families to keep moving by playing our Ready Step Roll Bingo Game, which incorporates fundamental movement skills to help children keep healthy and active even while at home.

Instructions

Print out one copy of the call out sheet and enough Ready Step Roll Bingo cards for each player.

Cut out the individual squares from the call out sheet and place in a container, bag or hat. If you would like a longer game and to use the "under the B" call out method, also cut out the B-I-N-G-O squares and place in a separate container, bag or hat.

Decide as a group how many repetitions you will be completing for each activity type (10 repetitions, hold poses for 10 seconds, etc.)

Choose one square from the call out options and read the action out loud for all players.

If a player has the action on their bingo card they will mark the square (use coins or game tokens so you can reuse the card) and complete the action.

When a player completes a line horizontally, vertically, diagonally or a pattern of your choosing, they shout out "BINGO!" to win the game.

Longer Version:

Choose one square from the call out options and one letter from the bingo letter pile. Read out the letter and the action for all players to hear. If a player has the action in the same column as the letter, they can mark the square (use coins or game tokens so you can reuse the card) and complete the action. Place the letter back to the letter pile before choosing a new combination.

Bonus: have the players who do not complete the line or pattern perform all the actions from the winner's pattern.

Expand and Connect

- Challenge yourself! If the activities included on these bingo cards are too easy, increase the repetitions or add in your own movements and exercises!
- Get creative! Make your own bingo card. Use songs, animal sounds, favourite foods, math equations, or anything else you come up with.

Bingo Call Sheet — cut out squares.

B

I

N

G

O

Push Ups

Jumping Jacks

Squats

Sit Ups

Lunges

Tree Pose

Squat Pose

**Downward
Facing Dog Pose**

Bridge Pose

Warrior Pose

Crab Walk

Crawl



Two Foot Hop

Bear Walk

High Knees

Bum Kicks

Skips

Spin

**Mountain
Climbers**

Log Roll

Somersaults

Sky-to-toe Touch

One Foot Hop

Air Punches

Ready Step Roll Bingo — Card 1

Before starting decide together how many repetitions you will complete for each action. Suggested number of repetitions are included in brackets.

B	I	N	G	O
Push ups (x10)	Jumping jacks (x10)	Squats (x10)	Sit ups (x10)	Lunges (x10)
Tree pose (10 sec.)	Squat pose (10 sec.)	Downward facing dog pose (10 sec.)	Bridge pose (10 sec.)	Warrior pose (10 sec.)
Crab walk (20 steps)	Crawl (20 steps)		Two foot hop (x10)	Bear walk (20 steps)
High knees (x10)	Bum kicks (x10)	Skips (x10)	Spin (x10)	Mountain climbers (x10)
Log roll (x10)	Somersaults (x10)	Sky-to-toe touches (x10)	One foot hop (x10)	Air punches (x10)

Ready Step Roll Bingo — Card 2

Before starting decide together how many repetitions you will complete for each action. Suggested number of repetitions are included in brackets.

B	I	N	G	O
High knees (x10)	Jumping jacks (x10)	Air punches (x10)	Bear walk (20 steps)	Sit ups (x10)
One foot hop (x10)	Squat pose (10 sec.)	Lunges (x10)	Bridge pose (10 sec.)	Log roll (x10)
Crab walk (20 steps)	Spin (x10)		Push ups (x10)	Tree pose (10 sec.)
Downward facing dog pose (10 sec.)	Skips (x10)	Two foot hop (x10)	Crawl (20 steps)	Mountain climbers (x10)
Warrior pose (10 sec.)	Somersaults (x10)	Sky-to-toe touches (x10)	Bum kicks (x10)	Squats (x10)

Ready Step Roll Bingo — Card 3

Before starting decide together how many repetitions you will complete for each action. Suggested number of repetitions are included in brackets.

B	I	N	G	O
Two foot hop (x10)	Air punches (x10)	Crawl (20 steps)	Crab walk (20 steps)	Somersaults (x10)
Sky-to-toe touches (x10)	One foot hop (x10)	Downward facing dog pose (10 sec.)	Skips (x10)	Warrior pose (10 sec.)
Sit ups (x10)	Push ups (x10)		Mountain climbers (x10)	Tree pose (10 sec.)
Squats (x10)	Jumping jacks (x10)	Bridge pose (10 sec.)	Bum kicks (x10)	Spin (x10)
Log roll (x10)	Lunges (x10)	High knees (x10)	Squat pose (10 sec.)	Bear walk (20 steps)

Ready Step Roll Bingo — Card 4

Before starting decide together how many repetitions you will complete for each action. Suggested number of repetitions are included in brackets.

B	I	N	G	O
Push ups (x10)	Skips (x10)	Somersaults (x10)	Sit ups (x10)	Spin (x10)
Squats (x10)	Squat pose (10 sec.)	Mountain climbers (x10)	Log roll (x10)	Lunges (x10)
Bridge pose (10 sec.)	Crab walk (20 steps)		High knees (x10)	Bear walk (20 steps)
Jumping jacks (x10)	Bum kicks (x10)	Tree pose (10 sec.)	Warrior pose (10 sec.)	One foot hop (x10)
Crawl (20 steps)	Downward facing dog pose (10 sec.)	Sky-to-toe touches (x10)	Two foot hop (x10)	Air punches (x10)

Ready Step Roll Bingo — Card 5

Before starting decide together how many repetitions you will complete for each action. Suggested number of repetitions are included in brackets.

B	I	N	G	O
Lunges (x10)	Warrior pose (10 sec.)	Squats (x10)	Spin (x10)	Squat pose (10 sec.)
Air punches (x10)	Push ups (x10)	Crab walk (20 steps)	Sky-to-toe touches (x10)	Sit ups (x10)
Bridge pose (10 sec.)	Crawl (20 steps)		Bum kicks (x10)	Skips (x10)
Mountain climbers (x10)	Somersaults (x10)	Jumping jacks (x10)	Downward facing dog pose (10 sec.)	Bear walk (20 steps)
Log roll (x10)	Two foot hop (x10)	High knees (x10)	One foot hop (x10)	Tree pose (10 sec.)

Bingo

Use this blank bingo card to make your own bingo game.

B	I	N	G	O
		Free Space		