

B	I	N	G	O
Skill Related	Aerobic Endurance	Curl ups	Power	Muscular Endurance
Body Mass Index (BMI)	Sit and Reach	Pacer	Agility	Plank
Rhythm	Speed	Active	Balance	Health Related
Healthy Fitness Zone (HFZ)	Reaction Time	Heart Rate/Pulse	Flexibility	Muscular Strength
Fitness Components	Body Composition	Physical Education (PE)	Weight	Coordination

B	I	N	G	O
Speed	Agility	Power	Body Mass Index (BMI)	Pacer
Curl ups	Weight	Muscular Endurance	Body Composition	Plank
Healthy Fitness Zone (HFZ)	Balance	Active	Health Related	Aerobic Endurance
Flexibility	Physical Education (PE)	Skill Related	Coordination	Reaction Time
Heart Rate/Pulse	Muscular Strength	Rhythm	Sit and Reach	Fitness Components

B	I	N	G	O
Body Composition	Physical Education (PE)	Agility	Muscular Strength	Balance
Skill Related	Healthy Fitness Zone (HFZ)	Heart Rate/Pulse	Sit and Reach	Muscular Endurance
Rhythm	Coordination	Active	Reaction Time	Flexibility
Speed	Plank	Power	Weight	Curl ups
Health Related	Aerobic Endurance	Pacer	Body Mass Index (BMI)	Fitness Components