

Movement & Activity BINGO



10 Jumping Jacks	Dance to your favorite song	5 Push Ups	20 Shoulder Shrugs	March in place
Shadow boxing	8 Star Jumps	Skip in a circle 5 times	Jumprope	Grapevine 8 time
Jog in place	Butterfly stretch	Movement is Awesome	Toe touch	5 sit ups
Wall sit	Practice a skill from your favorite sport	Choose your own	One leg balance	Twist
Arm Circles	High Knees	Freeze dance	Animal race	Play catch