

GROSS MOTOR

BINGO

PRETEND TO JUMP ROPE FOR 30 SECONDS	10 HIGH SKIPS IN PLACE	KNEEL FOR 10 SECONDS	8 HOPS ON LEFT FOOT	4 JUMPS FEET OUT/IN
TRUNK TWISTS	TOE TOUCHES	RUN IN PLACE FOR 30 SECONDS	12 TOE RAISES	8 BACKWARDS JUMPS
3 PUSH UPS	PLANKS FOR 10 SECONDS	10 SQUATS	12 TOE RAISES	10 JUMPS SIDEWAYS
BALANCE ON LEFT FOOT 10 SECONDS	8 RIGHT LUNGES	TOE TOUCHES	8 RIGHT LUNGES	WALK BACKWARDS 10 STEPS
6 JUMPS UP	MARCH IN PLACE HIGH KNEES 20X	MARCH IN PLACE HIGH KNEES 20X	6 JUMPS UP	10 JUMPS SIDEWAYS

30 Free Printable Bingo Boards

10 SQUATS	12 TOE RAISES	10 JUMPS SIDEWAYS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE		
TOE TOUCHES	8 RIGHT LUNGES	WALK BACKWARDS 10 STEPS	BALANCE ON LEFT FOOT 10 SECONDS	PRETEND TO JUMP ROPE FOR 30 SECONDS		
MARCH IN PLACE HIGH KNEES 20X	6 JUMPS UP	10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS	PLANKS FOR 10 SECONDS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE
4 JUMPS FEET OUT/IN	TRUNK TWISTS	12 TOE RAISES	BALANCE ON RIGHT FOOT 10 SECONDS	6 LEFT LUNGES	RUN IN PLACE FOR 30 SECONDS	WINDMILLS
WINDMILLS	PLANKS FOR 10 SECONDS	4 JUMPS FEET OUT/IN	PRETEND TO JUMP ROPE FOR 30 SECONDS	TOE TOUCHES	KNEEL FOR 10 SECONDS	JUMP UP AND CLAP 10X
UR THERAPY URCE		8 RIGHT LUNGES	8 HOPS ON LEFT FOOT	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON LEFT FOOT 10 SECONDS	3 PUSH UPS
		10 SQUATS	12 JUMPING JACKS	8 BACKWARDS JUMPS	TRUNK TWISTS	6 JUMPS UP

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BINGO

Print this page. Call out the exercises in random order. Mark it off once you call it out. Each player completes the exercise and mark their card if they have the exercise written on the card. First player to mark five exercises in a row is the WINNER!

TOE TOUCHES	BALANCE ON RIGHT FOOT 10 SECONDS
WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS
TRUNK TWISTS	KNEEL FOR 10 SECONDS
6 JUMPS UP	8 RIGHT LUNGES
10 JUMPS SIDEWAYS	6 LEFT LUNGES
8 BACKWARDS JUMPS	PRETEND TO JUMP ROPE FOR 30 SECONDS
4 JUMPS FEET OUT/IN	JUMP UP AND CLAP 10X
12 JUMPING JACKS	12 TOE RAISES
6 HOPS ON RIGHT FOOT	3 PUSH UPS
8 HOPS ON LEFT FOOT	PLANKS FOR 10 SECONDS
MARCH IN PLACE HIGH KNEES 20X	JUMP AND TURN TO RIGHT 3X
WALK BACKWARDS 10 STEPS	JUMP AND TURN TO LEFT 2X
10 SQUATS	TWIRL TO RIGHT 2X
10 HIGH SKIPS IN PLACE	TWIRL TO LEFT 2X
RUN IN PLACE FOR 30 SECONDS	JUMP AND SPIN

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PRETEND TO JUMP ROPE FOR 30 SECONDS	10 HIGH SKIPS IN PLACE	KNEEL FOR 10 SECONDS	8 HOPS ON LEFT FOOT	4 JUMPS FEET OUT/IN
TRUNK TWISTS	TOE TOUCHES	RUN IN PLACE FOR 30 SECONDS	12 TOE RAISES	8 BACKWARDS JUMPS
3 PUSH UPS	PLANKS FOR 10 SECONDS	WINDMILLS	BALANCE ON RIGHT FOOT 10 SECONDS	12 JUMPING JACKS
BALANCE ON LEFT FOOT 10 SECONDS	8 RIGHT LUNGES	10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS	10 SQUATS
6 JUMPS UP	MARCH IN PLACE HIGH KNEES 20X	6 LEFT LUNGES	6 HOPS ON RIGHT FOOT	JUMP UP AND CLAP 10X

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10 SQUATS	12 TOE RAISES	10 JUMPS SIDEWAYS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE
TOE TOUCHES	8 RIGHT LUNGES	WALK BACKWARDS 10 STEPS	BALANCE ON LEFT FOOT 10 SECONDS	PRETEND TO JUMP ROPE FOR 30 SECONDS
MARCH IN PLACE HIGH KNEES 20X	6 JUMPS UP	8 HOPS ON LEFT FOOT	6 LEFT LUNGES	3 PUSH UPS
4 JUMPS FEET OUT/IN	TRUNK TWISTS	RUN IN PLACE FOR 30 SECONDS	12 JUMPING JACKS	8 BACKWARDS JUMPS
WINDMILLS	PLANKS FOR 10 SECONDS	JUMP UP AND CLAP 10X	KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS

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BALANCE ON RIGHT FOOT 10 SECONDS	JUMP UP AND CLAP 10X	8 BACKWARDS JUMPS	10 SQUATS	MARCH IN PLACE HIGH KNEES 20X
WALK BACKWARDS 10 STEPS	4 JUMPS FEET OUT/IN	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS	3 PUSH UPS
6 JUMPS UP	RUN IN PLACE FOR 30 SECONDS	12 JUMPING JACKS	8 RIGHT LUNGES	TOE TOUCHES
TRUNK TWISTS	PLANKS FOR 10 SECONDS	6 LEFT LUNGES	KNEEL FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS
10 JUMPS SIDEWAYS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE	8 HOPS ON LEFT FOOT	WINDMILLS

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WINDMILLS	WALK BACKWARDS 10 STEPS	BALANCE ON LEFT FOOT 10 SECONDS	10 JUMPS SIDEWAYS	KNEEL FOR 10 SECONDS
BALANCE ON RIGHT FOOT 10 SECONDS	10 HIGH SKIPS IN PLACE	12 JUMPING JACKS	JUMP UP AND CLAP 10X	6 LEFT LUNGES
MARCH IN PLACE HIGH KNEES 20X	8 RIGHT LUNGES	6 JUMPS UP	10 SQUATS	RUN IN PLACE FOR 30 SECONDS
TRUNK TWISTS	PLANKS FOR 10 SECONDS	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS	3 PUSH UPS
4 JUMPS FEET OUT/IN	6 HOPS ON RIGHT FOOT	TOE TOUCHES	8 BACKWARDS JUMPS	8 HOPS ON LEFT FOOT

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10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS	PLANKS FOR 10 SECONDS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE
12 TOE RAISES	BALANCE ON RIGHT FOOT 10 SECONDS	6 LEFT LUNGES	RUN IN PLACE FOR 30 SECONDS	WINDMILLS
4 JUMPS FEET OUT/IN	PRETEND TO JUMP ROPE FOR 30 SECONDS	TOE TOUCHES	KNEEL FOR 10 SECONDS	JUMP UP AND CLAP 10X
8 RIGHT LUNGES	8 HOPS ON LEFT FOOT	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON LEFT FOOT 10 SECONDS	3 PUSH UPS
10 SQUATS	12 JUMPING JACKS	8 BACKWARDS JUMPS	TRUNK TWISTS	6 JUMPS UP

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8 HOPS ON LEFT FOOT	JUMP UP AND CLAP 10X	KNEEL FOR 10 SECONDS	8 RIGHT LUNGES	10 HIGH SKIPS IN PLACE
12 TOE RAISES	TOE TOUCHES	10 JUMPS SIDEWAYS	12 JUMPING JACKS	TRUNK TWISTS
4 JUMPS FEET OUT/IN	6 LEFT LUNGES	6 JUMPS UP	6 HOPS ON RIGHT FOOT	PRETEND TO JUMP ROPE FOR 30 SECONDS
3 PUSH UPS	RUN IN PLACE FOR 30 SECONDS	10 SQUATS	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS
WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS	PLANKS FOR 10 SECONDS	WALK BACKWARDS 10 STEPS	8 BACKWARDS JUMPS

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PRETEND TO JUMP ROPE FOR 30 SECONDS	12 TOE RAISES	10 SQUATS	KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS
8 HOPS ON LEFT FOOT	WALK BACKWARDS 10 STEPS	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE	WINDMILLS
8 BACKWARDS JUMPS	3 PUSH UPS	TRUNK TWISTS	JUMP UP AND CLAP 10X	6 LEFT LUNGES
RUN IN PLACE FOR 30 SECONDS	PLANKS FOR 10 SECONDS	TOE TOUCHES	BALANCE ON LEFT FOOT 10 SECONDS	6 HOPS ON RIGHT FOOT
10 JUMPS SIDEWAYS	6 JUMPS UP	8 RIGHT LUNGES	MARCH IN PLACE HIGH KNEES 20X	4 JUMPS FEET OUT/IN

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8 RIGHT LUNGES	6 HOPS ON RIGHT FOOT	KNEEL FOR 10 SECONDS	3 PUSH UPS	10 SQUATS
TRUNK TWISTS	PLANKS FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS	RUN IN PLACE FOR 30 SECONDS	8 HOPS ON LEFT FOOT
12 TOE RAISES	10 JUMPS SIDEWAYS	6 JUMPS UP	TOE TOUCHES	WINDMILLS
MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS	8 BACKWARDS JUMPS	10 HIGH SKIPS IN PLACE	JUMP UP AND CLAP 10X
WALK BACKWARDS 10 STEPS	4 JUMPS FEET OUT/IN	12 JUMPING JACKS	PRETEND TO JUMP ROPE FOR 30 SECONDS	6 LEFT LUNGES

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6 JUMPS UP	10 JUMPS SIDEWAYS	JUMP UP AND CLAP 10X	KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS
12 JUMPING JACKS	PRETEND TO JUMP ROPE FOR 30 SECONDS	12 TOE RAISES	WALK BACKWARDS 10 STEPS	WINDMILLS
10 SQUATS	6 LEFT LUNGES	TRUNK TWISTS	3 PUSH UPS	8 HOPS ON LEFT FOOT
PLANKS FOR 10 SECONDS	6 HOPS ON RIGHT FOOT	BALANCE ON LEFT FOOT 10 SECONDS	RUN IN PLACE FOR 30 SECONDS	MARCH IN PLACE HIGH KNEES 20X
10 HIGH SKIPS IN PLACE	TOE TOUCHES	8 BACKWARDS JUMPS	4 JUMPS FEET OUT/IN	8 RIGHT LUNGES

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12 TOE RAISES	TOE TOUCHES	8 HOPS ON LEFT FOOT	8 RIGHT LUNGES	WINDMILLS
PLANKS FOR 10 SECONDS	3 PUSH UPS	BALANCE ON LEFT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	6 HOPS ON RIGHT FOOT
12 JUMPING JACKS	MARCH IN PLACE HIGH KNEES 20X	8 BACKWARDS JUMPS	BALANCE ON RIGHT FOOT 10 SECONDS	6 LEFT LUNGES
TRUNK TWISTS	6 JUMPS UP	WALK BACKWARDS 10 STEPS	10 HIGH SKIPS IN PLACE	4 JUMPS FEET OUT/IN
10 SQUATS	10 JUMPS SIDEWAYS	RUN IN PLACE FOR 30 SECONDS	JUMP UP AND CLAP 10X	PRETEND TO JUMP ROPE FOR 30 SECONDS

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PRETEND TO JUMP ROPE FOR 30 SECONDS	TRUNK TWISTS	6 HOPS ON RIGHT FOOT	MARCH IN PLACE HIGH KNEES 20X	4 JUMPS FEET OUT/IN
BALANCE ON LEFT FOOT 10 SECONDS	12 TOE RAISES	BALANCE ON RIGHT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	8 RIGHT LUNGES
RUN IN PLACE FOR 30 SECONDS	10 JUMPS SIDEWAYS	3 PUSH UPS	8 BACKWARDS JUMPS	JUMP UP AND CLAP 10X
8 HOPS ON LEFT FOOT	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE	PLANKS FOR 10 SECONDS	TOE TOUCHES
6 JUMPS UP	WINDMILLS	6 LEFT LUNGES	10 SQUATS	WALK BACKWARDS 10 STEPS

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8 HOPS ON LEFT FOOT	8 RIGHT LUNGES	JUMP UP AND CLAP 10X	WINDMILLS	PRETEND TO JUMP ROPE FOR 30 SECONDS
BALANCE ON LEFT FOOT 10 SECONDS	TRUNK TWISTS	10 JUMPS SIDEWAYS	RUN IN PLACE FOR 30 SECONDS	10 SQUATS
8 BACKWARDS JUMPS	6 HOPS ON RIGHT FOOT	6 JUMPS UP	PLANKS FOR 10 SECONDS	KNEEL FOR 10 SECONDS
3 PUSH UPS	WALK BACKWARDS 10 STEPS	12 JUMPING JACKS	12 TOE RAISES	6 LEFT LUNGES
TOE TOUCHES	4 JUMPS FEET OUT/IN	10 HIGH SKIPS IN PLACE	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS

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6 LEFT LUNGES	WALK BACKWARDS 10 STEPS	6 JUMPS UP	8 BACKWARDS JUMPS	4 JUMPS FEET OUT/IN
8 HOPS ON LEFT FOOT	BALANCE ON LEFT FOOT 10 SECONDS	10 JUMPS SIDEWAYS	10 SQUATS	PRETEND TO JUMP ROPE FOR 30 SECONDS
12 TOE RAISES	10 HIGH SKIPS IN PLACE	TRUNK TWISTS	JUMP UP AND CLAP 10X	PLANKS FOR 10 SECONDS
6 HOPS ON RIGHT FOOT	RUN IN PLACE FOR 30 SECONDS	8 RIGHT LUNGES	TOE TOUCHES	WINDMILLS
BALANCE ON RIGHT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	MARCH IN PLACE HIGH KNEES 20X	12 JUMPING JACKS	3 PUSH UPS

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MARCH IN PLACE HIGH KNEES 20X	TRUNK TWISTS	WALK BACKWARDS 10 STEPS	6 JUMPS UP	PRETEND TO JUMP ROPE FOR 30 SECONDS
4 JUMPS FEET OUT/IN	6 LEFT LUNGES	PLANKS FOR 10 SECONDS	10 SQUATS	KNEEL FOR 10 SECONDS
8 RIGHT LUNGES	12 JUMPING JACKS	6 HOPS ON RIGHT FOOT	8 HOPS ON LEFT FOOT	8 BACKWARDS JUMPS
10 HIGH SKIPS IN PLACE	BALANCE ON LEFT FOOT 10 SECONDS	JUMP UP AND CLAP 10X	TOE TOUCHES	3 PUSH UPS
10 JUMPS SIDEWAYS	WINDMILLS	RUN IN PLACE FOR 30 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	12 TOE RAISES

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WINDMILLS	PLANKS FOR 10 SECONDS	12 JUMPING JACKS	JUMP UP AND CLAP 10X	MARCH IN PLACE HIGH KNEES 20X
10 JUMPS SIDEWAYS	BALANCE ON LEFT FOOT 10 SECONDS	4 JUMPS FEET OUT/IN	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS
RUN IN PLACE FOR 30 SECONDS	TOE TOUCHES	6 LEFT LUNGES	BALANCE ON RIGHT FOOT 10 SECONDS	8 HOPS ON LEFT FOOT
8 BACKWARDS JUMPS	6 JUMPS UP	KNEEL FOR 10 SECONDS	10 HIGH SKIPS IN PLACE	6 HOPS ON RIGHT FOOT
8 RIGHT LUNGES	10 SQUATS	3 PUSH UPS	TRUNK TWISTS	WALK BACKWARDS 10 STEPS

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MARCH IN PLACE HIGH KNEES 20X	PRETEND TO JUMP ROPE FOR 30 SECONDS	8 HOPS ON LEFT FOOT	8 BACKWARDS JUMPS	JUMP UP AND CLAP 10X
12 JUMPING JACKS	BALANCE ON RIGHT FOOT 10 SECONDS	WALK BACKWARDS 10 STEPS	10 HIGH SKIPS IN PLACE	6 HOPS ON RIGHT FOOT
3 PUSH UPS	6 LEFT LUNGES	TOE TOUCHES	BALANCE ON LEFT FOOT 10 SECONDS	RUN IN PLACE FOR 30 SECONDS
10 SQUATS	10 JUMPS SIDEWAYS	6 JUMPS UP	12 TOE RAISES	PLANKS FOR 10 SECONDS
4 JUMPS FEET OUT/IN	TRUNK TWISTS	KNEEL FOR 10 SECONDS	WINDMILLS	8 RIGHT LUNGES

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BALANCE ON RIGHT FOOT 10 SECONDS	8 RIGHT LUNGES	8 HOPS ON LEFT FOOT	RUN IN PLACE FOR 30 SECONDS	KNEEL FOR 10 SECONDS
TRUNK TWISTS	WALK BACKWARDS 10 STEPS	PRETEND TO JUMP ROPE FOR 30 SECONDS	6 HOPS ON RIGHT FOOT	10 SQUATS
PLANKS FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS	6 LEFT LUNGES	10 HIGH SKIPS IN PLACE	12 JUMPING JACKS
6 JUMPS UP	JUMP UP AND CLAP 10X	MARCH IN PLACE HIGH KNEES 20X	TOE TOUCHES	4 JUMPS FEET OUT/IN
WINDMILLS	10 JUMPS SIDEWAYS	8 BACKWARDS JUMPS	12 TOE RAISES	3 PUSH UPS

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8 HOPS ON LEFT FOOT	BALANCE ON RIGHT FOOT 10 SECONDS	12 TOE RAISES	10 SQUATS	3 PUSH UPS
JUMP UP AND CLAP 10X	WALK BACKWARDS 10 STEPS	TOE TOUCHES	TRUNK TWISTS	MARCH IN PLACE HIGH KNEES 20X
PRETEND TO JUMP ROPE FOR 30 SECONDS	12 JUMPING JACKS	KNEEL FOR 10 SECONDS	10 JUMPS SIDEWAYS	6 JUMPS UP
4 JUMPS FEET OUT/IN	WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS	6 HOPS ON RIGHT FOOT	8 BACKWARDS JUMPS
8 RIGHT LUNGES	10 HIGH SKIPS IN PLACE	6 LEFT LUNGES	PLANKS FOR 10 SECONDS	RUN IN PLACE FOR 30 SECONDS

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BALANCE ON LEFT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	WINDMILLS	4 JUMPS FEET OUT/IN	RUN IN PLACE FOR 30 SECONDS
8 BACKWARDS JUMPS	8 RIGHT LUNGES	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS	6 LEFT LUNGES
3 PUSH UPS	10 SQUATS	WALK BACKWARDS 10 STEPS	TOE TOUCHES	8 HOPS ON LEFT FOOT
12 JUMPING JACKS	PLANKS FOR 10 SECONDS	10 JUMPS SIDEWAYS	TRUNK TWISTS	6 HOPS ON RIGHT FOOT
6 JUMPS UP	10 HIGH SKIPS IN PLACE	JUMP UP AND CLAP 10X	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS

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6 JUMPS UP	12 TOE RAISES	3 PUSH UPS	PLANKS FOR 10 SECONDS	JUMP UP AND CLAP 10X
8 HOPS ON LEFT FOOT	RUN IN PLACE FOR 30 SECONDS	6 HOPS ON RIGHT FOOT	WINDMILLS	PRETEND TO JUMP ROPE FOR 30 SECONDS
4 JUMPS FEET OUT/IN	BALANCE ON LEFT FOOT 10 SECONDS	10 SQUATS	TRUNK TWISTS	BALANCE ON RIGHT FOOT 10 SECONDS
MARCH IN PLACE HIGH KNEES 20X	TOE TOUCHES	10 JUMPS SIDWAYS	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE
KNEEL FOR 10 SECONDS	WALK BACKWARDS 10 STEPS	8 BACKWARDS JUMPS	8 RIGHT LUNGES	6 LEFT LUNGES

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PLANKS FOR 10 SECONDS	10 HIGH SKIPS IN PLACE	PRETEND TO JUMP ROPE FOR 30 SECONDS	WINDMILLS	10 SQUATS
TOE TOUCHES	BALANCE ON RIGHT FOOT 10 SECONDS	8 RIGHT LUNGES	6 LEFT LUNGES	KNEEL FOR 10 SECONDS
TRUNK TWISTS	RUN IN PLACE FOR 30 SECONDS	12 JUMPING JACKS	12 TOE RAISES	8 HOPS ON LEFT FOOT
10 JUMPS SIDEWAYS	BALANCE ON LEFT FOOT 10 SECONDS	JUMP UP AND CLAP 10X	8 BACKWARDS JUMPS	WALK BACKWARDS 10 STEPS
6 JUMPS UP	4 JUMPS FEET OUT/IN	6 HOPS ON RIGHT FOOT	MARCH IN PLACE HIGH KNEES 20X	3 PUSH UPS

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3 PUSH UPS	WALK BACKWARDS 10 STEPS	PLANKS FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	10 SQUATS
6 JUMPS UP	JUMP UP AND CLAP 10X	4 JUMPS FEET OUT/IN	12 TOE RAISES	TRUNK TWISTS
KNEEL FOR 10 SECONDS	TOE TOUCHES	6 LEFT LUNGES	10 JUMPS SIDEWAYS	8 RIGHT LUNGES
PRETEND TO JUMP ROPE FOR 30 SECONDS	10 HIGH SKIPS IN PLACE	8 BACKWARDS JUMPS	RUN IN PLACE FOR 30 SECONDS	WINDMILLS
6 HOPS ON RIGHT FOOT	BALANCE ON LEFT FOOT 10 SECONDS	MARCH IN PLACE HIGH KNEES 20X	8 HOPS ON LEFT FOOT	12 JUMPING JACKS

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B I N G O

TRUNK TWISTS	8 HOPS ON LEFT FOOT	10 SQUATS	10 JUMPS SIDEWAYS	PRETEND TO JUMP ROPE FOR 30 SECONDS
JUMP UP AND CLAP 10X	WALK BACKWARDS 10 STEPS	TOE TOUCHES	PLANKS FOR 10 SECONDS	4 JUMPS FEET OUT/IN
BALANCE ON LEFT FOOT 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	12 JUMPING JACKS	6 LEFT LUNGES	6 JUMPS UP
12 TOE RAISES	3 PUSH UPS	RUN IN PLACE FOR 30 SECONDS	8 RIGHT LUNGES	KNEEL FOR 10 SECONDS
WINDMILLS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE	8 BACKWARDS JUMPS	MARCH IN PLACE HIGH KNEES 20X

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4 JUMPS FEET OUT/IN	6 JUMPS UP	TRUNK TWISTS	10 SQUATS	PLANKS FOR 10 SECONDS
8 BACKWARDS JUMPS	3 PUSH UPS	RUN IN PLACE FOR 30 SECONDS	6 HOPS ON RIGHT FOOT	12 JUMPING JACKS
MARCH IN PLACE HIGH KNEES 20X	10 JUMPS SIDEWAYS	BALANCE ON RIGHT FOOT 10 SECONDS	WALK BACKWARDS 10 STEPS	JUMP UP AND CLAP 10X
KNEEL FOR 10 SECONDS	8 RIGHT LUNGES	PRETEND TO JUMP ROPE FOR 30 SECONDS	12 TOE RAISES	TOE TOUCHES
6 LEFT LUNGES	10 HIGH SKIPS IN PLACE	WINDMILLS	8 HOPS ON LEFT FOOT	BALANCE ON LEFT FOOT 10 SECONDS

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BINGO

8 HOPS ON LEFT FOOT	PRETEND TO JUMP ROPE FOR 30 SECONDS	KNEEL FOR 10 SECONDS	12 JUMPING JACKS	12 TOE RAISES
BALANCE ON RIGHT FOOT 10 SECONDS	6 JUMPS UP	MARCH IN PLACE HIGH KNEES 20X	RUN IN PLACE FOR 30 SECONDS	3 PUSH UPS
8 BACKWARDS JUMPS	8 RIGHT LUNGES	WINDMILLS	10 SQUATS	10 HIGH SKIPS IN PLACE
WALK BACKWARDS 10 STEPS	10 JUMPS SIDEWAYS	4 JUMPS FEET OUT/IN	PLANKS FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS
JUMP UP AND CLAP 10X	TRUNK TWISTS	TOE TOUCHES	6 HOPS ON RIGHT FOOT	6 LEFT LUNGES

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BINGO

PLANKS FOR 10 SECONDS	RUN IN PLACE FOR 30 SECONDS	6 JUMPS UP	10 SQUATS	8 BACKWARDS JUMPS
BALANCE ON LEFT FOOT 10 SECONDS	WINDMILLS	4 JUMPS FEET OUT/IN	10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS
6 HOPS ON RIGHT FOOT	KNEEL FOR 10 SECONDS	3 PUSH UPS	PRETEND TO JUMP ROPE FOR 30 SECONDS	12 JUMPING JACKS
BALANCE ON RIGHT FOOT 10 SECONDS	TRUNK TWISTS	MARCH IN PLACE HIGH KNEES 20X	8 HOPS ON LEFT FOOT	6 LEFT LUNGES
JUMP UP AND CLAP 10X	12 TOE RAISES	10 HIGH SKIPS IN PLACE	TOE TOUCHES	8 RIGHT LUNGES

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BINGO

TRUNK TWISTS	WALK BACKWARDS 10 STEPS	JUMP UP AND CLAP 10X	6 JUMPS UP	PLANKS FOR 10 SECONDS
10 SQUATS	TOE TOUCHES	8 BACKWARDS JUMPS	MARCH IN PLACE HIGH KNEES 20X	12 TOE RAISES
12 JUMPING JACKS	10 HIGH SKIPS IN PLACE	4 JUMPS FEET OUT/IN	10 JUMPS SIDEWAYS	PRETEND TO JUMP ROPE FOR 30 SECONDS
8 HOPS ON LEFT FOOT	KNEEL FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS	3 PUSH UPS	6 HOPS ON RIGHT FOOT
6 LEFT LUNGES	RUN IN PLACE FOR 30 SECONDS	8 RIGHT LUNGES	WINDMILLS	BALANCE ON RIGHT FOOT 10 SECONDS

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BINGO

WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS	4 JUMPS FEET OUT/IN	8 HOPS ON LEFT FOOT	10 HIGH SKIPS IN PLACE
TRUNK TWISTS	3 PUSH UPS	BALANCE ON RIGHT FOOT 10 SECONDS	8 BACKWARDS JUMPS	JUMP UP AND CLAP 10X
WALK BACKWARDS 10 STEPS	6 JUMPS UP	RUN IN PLACE FOR 30 SECONDS	PRETEND TO JUMP ROPE FOR 30 SECONDS	MARCH IN PLACE HIGH KNEES 20X
KNEEL FOR 10 SECONDS	8 RIGHT LUNGES	PLANKS FOR 10 SECONDS	6 LEFT LUNGES	12 JUMPING JACKS
6 HOPS ON RIGHT FOOT	10 JUMPS SIDEWAYS	12 TOE RAISES	TOE TOUCHES	10 SQUATS

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BINGO

3 PUSH UPS	10 SQUATS	RUN IN PLACE FOR 30 SECONDS	MARCH IN PLACE HIGH KNEES 20X	12 TOE RAISES
8 RIGHT LUNGES	6 HOPS ON RIGHT FOOT	PRETEND TO JUMP ROPE FOR 30 SECONDS	KNEEL FOR 10 SECONDS	12 JUMPING JACKS
JUMP UP AND CLAP 10X	4 JUMPS FEET OUT/IN	BALANCE ON LEFT FOOT 10 SECONDS	6 JUMPS UP	6 LEFT LUNGES
PLANKS FOR 10 SECONDS	8 BACKWARDS JUMPS	TRUNK TWISTS	BALANCE ON RIGHT FOOT 10 SECONDS	8 HOPS ON LEFT FOOT
10 JUMPS SIDEWAYS	WINDMILLS	TOE TOUCHES	WALK BACKWARDS 10 STEPS	10 HIGH SKIPS IN PLACE

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BINGO

10 SQUATS	BALANCE ON LEFT FOOT 10 SECONDS	10 HIGH SKIPS IN PLACE	12 JUMPING JACKS	3 PUSH UPS
4 JUMPS FEET OUT/IN	JUMP UP AND CLAP 10X	8 BACKWARDS JUMPS	WALK BACKWARDS 10 STEPS	WINDMILLS
10 JUMPS SIDEWAYS	6 LEFT LUNGES	PLANKS FOR 10 SECONDS	8 HOPS ON LEFT FOOT	TRUNK TWISTS
6 JUMPS UP	12 TOE RAISES	TOE TOUCHES	PRETEND TO JUMP ROPE FOR 30 SECONDS	8 RIGHT LUNGES
KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	6 HOPS ON RIGHT FOOT	RUN IN PLACE FOR 30 SECONDS	MARCH IN PLACE HIGH KNEES 20X