

GROSS MOTOR B I N G O

master movement list

- 10 Giant Steps
- Skip
- 5 Karate Kicks
- 5 Push-ups
- 5 Frog Jumps
- 5 Tuck Jumps
- 20 Heel Raises
- 10 Hops on your Left Foot
- Walk on your tip toes
- Wheelbarrow Walk
- Walk on your Heels
- Your Choice!
- 10 Wall Jumps
- 10 Second Plank
- 10 High Knees
- 15 Toe Touches
- 10 Arm Circles
- Run Fast for 20 seconds
- 10 Hops Right Foot
- 10 Ski Jumps
- Crab Walk
- 10 Wall Jumps
- 10 Step ups
- 25 Jumping Jacks
- 15 Toe Touches

GROSS MOTOR

B

Skip

10 Second Plank

5 Karate Kicks

15 Toe Touches

5 Push Ups

5 Frog Jumps

10 Ski Jumps

10 High Knees

25 Jumping Jacks

10 Arm Circles

5 Tuck Jumps

10 Hops Left Foot

10 Giant Steps

10 Step Ups

20 Heel Raises

10 Wall Jumps

Walk on tip toes

Crab Walk

Run Fast 20 seconds

Your Choice!

10 Wall Jumps

Wheel-barrow Walk

10 Hops Right Foot

Walk on your heels

10 Star Jumps

get up, get moving
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B I N G O

15 Toe Touches	10 Wall Jumps	10 Ski Jumps	20 Heel Raises	Skip	25 Jumping Jacks	Your Choice!	10 Star Jumps
10 Hops Left Foot	10 Wall Jumps	10 High Knees	10 Second Plank	Wheel-barrow Walk	10 Arm Circles	Walk on tip toes	Run Fast 20 seconds
Walk on your heels	10 Hops Right Foot	10 Hops	5 Karate Kicks	10 Step Ups	5 Push Ups	10 Giant Steps	10 Hops
	Crab Walk	5 Frog Jumps	5 Tuck Jumps				

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GROSS MOTOR

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20 Heel
Raises

5 Frog
Jumps

10 High
Knees

Walk on
your
heels

Wheel-
barrow
Walk

I

10 Wall
Jumps

15 Toe
Touches

10 Second
Plank

10 Hops
Right Foot

Run Fast
20 seconds

N

5 Tuck
Jumps

25
Jumping
Jacks

10 Arm
Circles

10 Wall
Jumps

Walk on
tip toes

G

Your
Choice!

10 Star
Jumps

5 Karate
Kicks

10 Giant
Steps

10 Hops
Left Foot

O

Crab
Walk

10 Step
Ups

5 Push
Ups

10 Ski
Jumps

Skip

get up, get moving
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