

Gross Motor

B	I	N	G	O
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	Wheelbarrow walk	10 hops right foot	Walk on your heels	10 star jumps