

# Gross Motor Bingo

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	YOUR CHOICE!	10 STEP UPS	20 HEEL RAISES
10 SQUAT JUMPS	WALK ON TIP TOES	CRAB WALK	RUN - 20 SECONDS	10 SQUATS
WHEELBARROW WALK	10 HOPS RIGHT FOOT	WALK ON YOUR HEELS	10 STAR JUMPS	WALL SIT 10 SECONDS

# Gross Motor Bingo

SKIP	10 SECOND PLANK	5 KARATE KICKS	10 HOPS RIGHT FOOT	WHEELBARROW WALK
5 PUSH UPS	5 TUCK JUMPS	RUN - 20 SECONDS	25 JUMPING JACKS	10 ARM CIRCLES
10 SKI JUMPS	20 HEEL RAISES	YOUR CHOICE!	10 SQUAT JUMPS	WALL SIT 10 SECONDS
10 SQUATS	WALK ON TIP TOES	WALK ON YOUR HEELS	10 HIGH KNEES	10 STEP UPS
5 FROG JUMPS	15 TOE TOUCHES	CRAB WALK	10 STAR JUMPS	10 HOPS LEFT FOOT

# Gross Motor Bingo

WALL SIT 10 SECONDS	25 JUMPING JACKS	5 KARATE KICKS	10 HOPS RIGHT FOOT	CRAB WALK
5 PUSH UPS	10 ARM CIRCLES	20 HEEL RAISES	WHEELBARROW WALK	10 HOPS LEFT FOOT
10 SKI JUMPS	WALK ON TIP TOES	YOUR CHOICE!	RUN - 20 SECONDS	SKIP
10 STAR JUMPS	10 HIGH KNEES	WALK ON YOUR HEELS	10 SQUAT JUMPS	10 SQUATS
5 FROG JUMPS	15 TOE TOUCHES	5 TUCK JUMPS	10 SECOND PLANK	10 STEP UPS

# Gross Motor Bingo

10 ARM CIRCLES	25 JUMPING JACKS	10 HOPS LEFT FOOT	10 HOPS RIGHT FOOT	20 HEEL RAISES
5 PUSH UPS	10 STEP UPS	WALK ON YOUR HEELS	10 SQUAT JUMPS	WHEELBARROW WALK
CRAB WALK	10 HIGH KNEES	YOUR CHOICE!	RUN - 20 SECONDS	15 TOE TOUCHES
10 STAR JUMPS	WALK ON TIP TOES	SKIP	10 SQUATS	5 KARATE KICKS
5 FROG JUMPS	10 SKI JUMPS	5 TUCK JUMPS	10 SECOND PLANK	WALL SIT 10 SECONDS

# Gross Motor Bingo

## Call Sheet

10 ARM CIRCLES  
JUMPING JACKS  
10 SECOND PLANK  
WALL SIT 10 SECONDS  
10 HOP RIGHT FOOT  
15 TOE TOUCHES  
WHEELBARROW WALK  
5 TUCK JUMPS  
20 HEEL RAISES  
10 STEP UPS  
5 PUSHUPS  
10 SQUATS  
5 FROG JUMPS  
WALK ON YOUR HEELS  
RUN - 20 SECONDS  
10 SKI JUMPS  
SKIP  
10 STAR JUMPS  
CRAB WALK  
10 SQUAT JUMPS  
10 HOPS LEFT FOOT  
10 HIGH KNEES  
5 KARATE KICKS  
WALK ON TIP TOES