

St. Alphonsus

Move-A-Thon BINGO

How many can you do?

Check them off to get BINGO's and Blackout!

CRAB WALK FOR COUNT OF 15 2X	HOP ON ONE FOOT 10 TIMES 5X	SPIN AROUND IN A CIRCLE 5 TIMES	PRETEND TO PEDDLE A BIKE ONLY USING YOUR ARMS 10 SECONDS	DANCE LIKE CRAZY FOR 1 SONG
WAVE YOUR ARMS LIKE YOUR CRAZY FOR COUNT OF 15	DUCK WALK FOR 30 STEPS	RUN/WALK/RIDE AROUND A BLOCK THREE TIMES	WALK LIKE A GORILLA FOR 15 STEPS	8 SIT UPS 2X
HOP ON ONE FOOT 5 TIMES (L&R) 2X	SPIN AROUND IN A CIRCLE 5 TIMES	FREE	RUN FAST FOR 10 SECONDS 3X	DO THE HOKEY POKEY
5 PUSH UPS	WALK LIKE A BEAR FOR A COUNT OF 5	WALK LIKE A CRAB FOR A COUNT OF 15 2X	BOUNCE A BALL FOR 30 SECONDS	HOP LIKE A FROG 8 TIMES 2X
PRETEND TO RIDE A HORSE FOR A COUNT OF 15	DO 10 JUMPING JACKS	WALK BACKWARDS 25 STEPS & SKIP BACK	JOG IN A CIRCLE 5 TIMES	DO 3 SOMERSAULTS 3X

Student Name

Student Grade

Move-A-Thon

BINGO CARD #4 (PreK – 1st)