

St. Alphonsus

Move-A-Thon BINGO

How many can you do?

Check them off to get BINGO's and Blackout!

30 SIT UPS 3X	40 GIANT STEPS	PLAY THE AIR GUITAR FOR 1 SONG	JUMP ROPE (OR PRETEND TO) FOR 3 MINUTES	WALK ON TIP TOES FOR 30 STEPS
RUN/WALK/RIDE AROUND A BLOCK FIVE TIMES	DRIBBLE A BALL FOR 3 MINUTES	20 FROG JUMPS 4X	15 TOE TOUCHES 2X	CRAB WALK 40 STEPS
RUN FAST FOR 45 SECONDS 3X	DANCE 2 TIKTOK SONGS	FREE	FLAP YOUR ARMS LIKE A BIRD 25 TIMES 2X	20 PUSH UPS
WHEEL-BARROW WALK 30 STEPS	30 JUMPING JACKS 3X	JOG IN A CIRCLE 5 TIMES	BALANCE ON ONE FOOT FOR 30 SECONDS (L&R FOOT)	RUN/WALK/RIDE AROUND A BLOCK FIVE TIMES
10 LUNGES	WALK ON YOUR HEELS FOR 30 STEPS	SIT THEN STAND UP 30 TIMES	HOP ON ONE FOOT 10 TIMES (L&R 2X)	WALK LIKE A BEAR FOR THE COUNT OF 60 3X

Student Name _____

Student Grade _____

BINGO CARD #1

St. Alphonsus

Move-A-Thon BINGO

How many can you do?

Check them off to get BINGO's and Blackout!

30 SIT UPS 3X	WALK LIKE A BEAR FOR A COUNT OF 60	SPIN AROUND IN A CIRCLE 5 TIMES	ROLL A BALL USING ONLY YOUR HEAD FOR ONE MINUTE	DANCE 2 TIKTOK SONGS
FLAP YOUR ARMS LIKE A BIRD 45 TIMES	WALK ON YOUR HEELS FOR 30 STEPS	RUN/WALK/RIDE AROUND A BLOCK FIVE TIMES	JUMP ROPE (OR PRETEND TO) FOR 3 MINUTES	20 PUSH UPS
40 GIANT STEPS	TOUCH YOUR TOES (HOLD FOR 15 SECS)	FREE	10 LUNGES	RUN FAST FOR 45 SECONDS 3X
CRAWL LIKE A CRAB FOR A COUNT OF 30	PRETEND TO RIDE A HORSE FOR A COUNT OF 45	WALK SIDEWAYS FOR 40 STEPS THEN HOP BACK 3X	MARCH LIKE A SOLDIER FOR A COUNT OF 45	RUN/WALK/RIDE AROUND A BLOCK FIVE TIMES
40 JUMPING JACKS	WALK ON YOUR KNEES FOR A COUNT OF 20 3X	WALK BACKWARDS 50 STEPS & SKIP BACK	DO 3 SOMERSAULTS	PLAY THE AIR GUITAR FOR 2 SONGS

Student Name _____

Student Grade _____

BINGO CARD #2

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 45	HOP ON ONE FOOT 10 TIMES	SPIN AROUND IN A CIRCLE 5 TIMES	PRETEND TO PEDDLE A BIKE ONLY USING YOUR ARMS 20 SECONDS	DANCE 2 TIKTOK SONGS
WAVE YOUR ARMS LIKE YOUR CRAZY FOR 30 COUNT 3X	DUCK WALK FOR 30 STEPS 2X	RUN/WALK/RIDE AROUND A BLOCK FIVE TIMES	WALK LIKE A GORILLA FOR 30 STEPS	30 SIT UPS 3X
WALL SIT FOR 20 SECONDS	BEND DOWN AND TOUCH TOES 20 TIMES 5X	FREE	RUN FAST FOR 45 SECONDS 3X	DO THE CHICKEN DANCE ALL THE WAY THROUGH
20 PUSH UPS 2X	RUN/WALK/RIDE AROUND A BLOCK FIVE TIMES	ROLL A BALL USING ONLY YOUR HEAD FOR ONE MINUTE	DRIBBLE A BALL FOR 3 MINUTES	PLAY THE AIR GUITAR FOR 1 SONG
WALK ON YOUR HEELS FOR 30 STEPS	DO 15 JUMPING JACKS	WALK BACKWARDS 50 STEPS & SKIP BACK 3X	JOG IN A CIRCLE 5 TIMES	30 LUNGES 3X

Student Name _____

Student Grade _____

BINGO CARD #3