

St. Alphonsus

Move-A-Thon BINGO

How many can you do?

Check them off to get BINGO's and Blackout!

CLASS BOX	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	CLASS BOX
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