

# St. Alphonsus

## Move-A-Thon BINGO

How many can you do?

Check them off to get BINGO's and Blackout!

PLAY THE AIR GUITAR FOR 2 SONGS	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	<b>CLASS BOX</b>	JUMP ROPE (OR PRETEND TO) FOR 3 MINUTES	20 PUSH UPS
40 GIANT STEPS	TOUCH YOUR TOES (HOLD FOR 15 SECS)	<b>FREE</b>	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	<b>CLASS BOX</b>

Student Name \_\_\_\_\_

Student Grade \_\_\_\_\_

**BINGO CARD #2**