

# 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	<b>CLASS BOX</b>
WALL SIT FOR 20 SECONDS	BEND DOWN AND TOUCH TOES 20 TIMES 5X	<b>FREE</b>	RUN FAST FOR 45 SECONDS 3X	DO THE CHICKEN DANCE ALL THE WAY THROUGH
<b>CLASS BOX</b>	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 2X

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

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

**BINGO CARD #3**