

# St. Alphonsus

## Move-A-Thon BINGO

How many can you do?

Check them off to get BINGO's and Blackout!

<b>CLASS BOX</b>	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	<b>CLASS BOX</b>	WALK LIKE A GORILLA FOR 15 STEPS
HOP ON ONE FOOT 5 TIMES (L&R) 2X	SPIN AROUND IN A CIRCLE 5 TIMES	<b>FREE</b>	RUN FAST FOR 10 SECONDS 3X	DO THE HOKEY POKEY
5 PUSH UPS	WALK LIKE A BEAR FOR A COUNT OF 5	WALK BACKWARDS 25 STEPS & SKIP BACK	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	<b>CLASS BOX</b>	JOG IN A CIRCLE 5 TIMES	DO 3 SOMERSAULTS 3X

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

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

**BINGO CARD #4 (PreK – 1<sup>st</sup>)**