

GROSS MOTOR BINGO

Jumping Jacks	Arm Circles	Wall Push-Ups	Hop on left foot	Run in place
Wall Push-Ups	Hop on left foot	Arm Circles	Hop on right foot	Toe touches
Toe touches	Run in place	FREE	Jumping Jacks	Crab Walks
Hop on right foot	Toe touches	Crab Walks	Wall Push-Ups	Hop on left foot
Crab Walks	Hop on right foot	Jumping Jacks	Run in place	Arm Circles