

B	I	N	G	O
V-Sit and hold for 6 to 8 seconds	180 Jump 6 times	Cartwheel 5 times safely	Pike Jump 3 times and land on spot	Heel Click 10 times
Back to back stand with a partner	Turk Stand 1 time without hands	Log Roll across a folded mat	360 jump 4 times	Partner Push up 3 times while supported
Straddle Jump 3 time and land on spot	Wheelbarrow across the blue mat with one person	FREE	Asymmetrical Balance and hold for 10 seconds	Forward Roll on a folded mat or using incline
Front Scale for 8 seconds	Shoulder Stand and hold for 10 seconds	Head Stand or Tripod safely for 5 seconds	Double Scale and hold for 8 seconds	Jump tuck 6 times
Do 10 Flip Flops	Back to back get up with a partner	Partner Fan and hold for 10 seconds	Wring the Dishrag with two different people	Backward Roll while spotted with Mr. Holmes

B	I	N	G	O
Wheelbarrow across the blue mat with one person	360 jump 4 times	Pike Jump 3 times and land on spot	Back to back stand with a partner	Log Roll across a folded mat
Cartwheel 5 times safely	Wring the Dishrag with two different people	Heel Click 10 times	Back to back get up with a partner	Partner Push up 3 times while supported
Front Scale for 8 seconds	Asymmetrical Balance and hold for 10 seconds	FREE	Forward Roll on a folded mat or using incline	180 Jump 6 times
Double Scale and hold for 8 seconds	Partner Fan and hold for 10 seconds	V-Sit and hold for 6 to 8 seconds	Backward Roll while spotted with Mr. Holmes	Shoulder Stand and hold for 10 seconds
Head Stand or Tripod safely for 5 seconds	Jump tuck 6 times	Straddle Jump 3 time and land on spot	Turk Stand 1 time without hands	Do 10 Flip Flops

B	I	N	G	O
Back to back get up with a partner	Partner Fan and hold for 10 seconds	360 jump 4 times	Jump tuck 6 times	Asymmetrical Balance and hold for 10 seconds
V-Sit and hold for 6 to 8 seconds	Front Scale for 8 seconds	Head Stand or Tripod safely for 5 seconds	Turk Stand 1 time without hands	Heel Click 10 times
Straddle Jump 3 time and land on spot	Backward Roll while spotted with Mr. Holmes	FREE	Shoulder Stand and hold for 10 seconds	Double Scale and hold for 8 seconds
Wheelbarrow across the blue mat with one person	Partner Push up 3 times while supported	Pike Jump 3 times and land on spot	Wring the Dishrag with two different people	Cartwheel 5 times safely
Forward Roll on a folded mat or using incline	180 Jump 6 times	Log Roll across a folded mat	Back to back stand with a partner	Do 10 Flip Flops