B	I	N	G	O
Stretch for :30	10 dips on a bench	5 burpees	Play best of five Rock-Paper-Scissors	Jump rope 10x
20 sit-ups	Skip around the Gaga pit	Make a free throw (basketball)	10 plank high fives	Perform 3 different ladder exercises
Run a lap around blacktop	Walk a lap around blacktop	**FREE**	15 squats	Climb across the monkey bars
Give Ms. Highshoe a high five	Race down and back on a basketball court	Hula-hoop 5x	:30 dead hang or 3 pull-ups	Karaoke/Grapevine sideline to sideline
5 push-ups	20 mountain climbers	Name 6-7 different people in class	Walking lunges (length of basketball court)	25 jumping jacks

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B	I	N	G	O
Walk a lap around blacktop	10 plank high fives	Play best of five Rock-Paper-Scissors	20 sit-ups	Make a free throw (basketball)
5 burpees	Walking lunges (length of basketball court)	Jump rope 10x	20 mountain climbers	Perform 3 different ladder exercises
Give Ms. Highshoe a high five	15 squats	**FREE**	Climb across the monkey bars	10 dips on a bench
:30 dead hang or 3 pull-ups	Name 6-7 different people in class	Stretch for :30	25 jumping jacks	Race down and back on a basketball court
Hula-hoop 5x	Karaoke/Grapevine sideline to sideline	Run a lap around blacktop	Skip around the Gaga pit	5 push-ups

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B	I	N	G	O
20 mountain climbers	Name 6-7 different people in class	10 plank high fives	Karaoke/Grapevine sideline to sideline	15 squats
Stretch for :30	Give Ms. Highshoe a high five	Hula-hoop 5x	Skip around the Gaga pit	Jump rope 10x
Run a lap around blacktop	25 jumping jacks	**FREE**	Race down and back on a basketball court	:30 dead hang or 3 pull-ups
Walk a lap around blacktop	Perform 3 different ladder exercises	Play best of five Rock-Paper-Scissors	Walking lunges (length of basketball court)	5 burpees
Climb across the monkey bars	10 dips on a bench	Make a free throw (basketball)	20 sit-ups	5 push-ups

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