

B	I	N	G	O
tiptoes for as long as you can	belly breathe	balance on one foot	jog in place	skip
pretend to throw a ball 3 times	get loose	stretch to the right	run in place	stretch to the left
crawl	kangaroo jump	FREE	gallop	lunges
stand on your left foot	pretend to swim	run super fast	stand on your right foot	jump in place
jump as high as you can	push ups	crunches	quick dance	crab walk

B	I	N	G	O
stretch to the left	crunches	spin in a circle	kangaroo jump	crawl
lunges	stretch to the right	belly breathe	tiptoes for as long as you can	run in place
skip	push ups	FREE	crab walk	quick dance
get loose	jog in place	run once around the desks	touch your toes	stand on your left foot
gallop	run super fast	balance on one foot	pretend to throw a ball 3 times	stretch your hands high

B	I	N	G	O
crunches	windmills	touch your toes	get loose	crab walk
spin in a circle	run in place	hug it out	belly breathe	tiptoes for as long as you can
pretend to throw a ball 3 times	gallop	FREE	skip	lunges
jog in place	quick dance	kangaroo jump	jump as high as you can	run super fast
stretch your hands high	high knee marching	stand on your left foot	pretend to swim	balance on one foot