

B	I	N	G	O
Stand up & sit down 10 times	10 frog jumps - count!	Do the hokey pokey	Pretend to gallop like a horse	Log roll with a teddy
Dance party to a song	Spin around in a circle 5 times- both ways!	Make an obstacle course	Angry cat & Happy cat stretches	Practise skipping with a rope
Side step along a line	Throw and catch a ball	FREE	Balance on 1 foot for 10sec	Go for a walk
Hang on something	Reach up and down to your toes 10times	Jump like a star & sing twinkie twinkie	Go for a swing	Make a hop scotch
Find something to balance along - forwards & backwards	Bunny hop on the grass	Play hot lava with a balloon	Wall sit and read a book	Do some hoola hooping

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Do the hokey pokey	Wall sit and read a book	Log roll with a teddy	Bunny hop on the grass	Practise skipping with a rope
Hang on something	Balance on 1 foot for 10sec	FREE	Go for a walk	10 frog jumps - count!
Go for a swing	Play hot lava with a balloon	Stand up & sit down 10 times	Do some hoola hooping	Reach up and down to your toes 10times
Jump like a star & sing twinkie twinkie	Make a hop scotch	Side step along a line	Spin around in a circle 5 times- both ways!	Find something to balance along - forwards & backwards

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Stand up & sit down 10 times	Hang on something	Jump like a star & sing twinkle twinkle	Spin around in a circle 5 times- both ways!	Log roll with a teddy
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Throw and catch a ball	Practise skipping with a rope	Pretend to gallop like a horse	Wall sit and read a book	Do the hokey pokey
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