

# GROSS MOTOR

B	I	N	G	O
20 Heel Raises	10 Wall Jumps	5 Tuck Jumps	Your Choice!	Crab Walk
5 Frog Jumps	15 Toe Touches	25 Jumping Jacks	10 Star Jumps	10 Step Ups
10 High Knees	10 Second Plank	10 Arm Circles	5 Karate Kicks	5 Push Ups
Walk on your heels	10 Hops Right Foot	10 Wall Jumps	10 Giant Steps	10 Ski Jumps
Wheelbarrow Walk	Run Fast 20 seconds	Walk on tip toes	10 Hops Left Foot	Skip