

Get up and MOVE Bingo

Preschool

10 second Push up Hold	10 Squats	5 Rocking Chairs	10 Straight Jumps	5 second Flamingo Hold <i>(each foot)</i>
5 Donkey Kicks	10 Ski Jumps <i>(jump side to side)</i>	5 Sit ups	10 Jumping Jacks	5 times Point your toes <i>(sit in pike)</i>
20 seconds Hold airplane arms	20 seconds Hold Releve <i>(tippy toes)</i>	10 Slow Marches <i>(each leg)</i>	10 Running with High knees	10 times Flex your toes <i>(sit in pike)</i>
5 Push ups	5 Frog Jumps	20 seconds Hold a table top for	10 Jump Ropes	10 seconds Hold a straddle
20 Small circles with airplane arms	5 Squat Jumps	10 second Balance on your booty <i>(hollow body)</i>	10 1- footed jumps	10 seconds Hold a V-Sit