
















Physical ACTIVITY BINGO

 <p>Forward Lunges</p>	 <p>Straddle Sit</p>	 <p>Butterfly Sit</p>	 <p>Make a Bridge</p>
 <p>Curl-ups or Crunches</p>	 <p>Push Ups</p>	 <p>Jumping Jacks</p>	 <p>Star Jumps</p>
 <p>Arm Swims</p>	 <p>Side Lunges</p>	 <p>Stork Stand</p>	<p>5 Burpies</p>
 <p>Arm Spins</p>	 <p>Superman</p>	 <p>Side to Side Jumps</p>	 <p>Forward and Back Jumps</p>