



B	I	N	G	O
Practice jumping straight up and down 15 times.	Run 3 times around your house outside.	Toss a ball and clap before you catch it.	Practice a plank for 15 seconds.	Foot dribble a ball in control for 5 minutes outside.
Put together a puzzle.	Turn on some music and have a 20 minute dance party with your family.	Practice hopping on one foot 10 times each foot.	Do the Monkey Dance 12 times.	Practice your bones we have learned.
Skip count by 2's and do 10-20 sit-ups.	Kick a ball back and forth with a family member.	Play a board game with your family.	Jump an imaginary jump rope 20 times.	Gallop around your house outside 1 time.
Practice dribbling a ball 30 times with each hand.	Toss and catch a ball (or a ball like object) to yourself with your non-favorite hand 10 times.	Play catch with a family member.	Practice sliding ways around your house. Once to the right and once to the left.	Skip count by and do 20 jumping jacks.
Skip around your house outside 1 time.	Do 3 perfect push-ups.	Practice jumping as far as you can 7 times inside or outside.	Toss and catch a ball (or ball like object) underhand to yourself with our favorite hand 10 times.	Practice leaping.

