

Name: _____

Gross Motor Bingo

Have your child mark out each bingo square that they attempt to try form bingos or even better a blackout!

Hop 5 times on your left foot	Do 5 jumping jacks	Throw a ball as far as you can	Climb stairs alternating your feet	Walk backwards for 20 steps
Catch a ball thrown to you	Jump like a frog 3 times	Bear crawl for 10 steps	Skip for 20 steps	Jump forward 3 times
Do a somersault	Jump once as high as you can	 Free Space	Walk heel to toe following a line	Kick a ball to a target spot
Choose a finish line and run to it	Tip toe from one room to another	Stomp for 15 steps	Hop 5 times on your right foot	Side gallop 10 steps to the left
Stay balanced while touching your toes	Side gallop 10 steps to the right	Jump backwards 3 times	Balance for 10 seconds on your dominate foot	Spin in a cirle 3 times