

MOVEMENT BINGO

5 FROG JUMPS	10 STAR JUMPS	10 SQUATS	RUN IN PLACE 20 SECONDS
15 JUMPING JACKS	SPIN AROUND	5 PUSH UPS	10 HOPS LEFT FOOT
RUN ON THE SPOT	SKIP	15 TOE TOUCHES	STRETCH UP HIGH
10 HOPS RIGHT FOOT	5 KARATE KICKS	HAPPY DANCE!	10 SECOND PLANK



early
learning
centre



Physical
Development