

Kids BINGO

Gross Motor Development Activity



B	I	N	G	O
10 Jumps on the spot	10 Frog Jumps	Run on the spot 30-secs	Touch your toes 10 times	30 secs of skipping
Balance like a tree for 30 secs	Jump like a Kangaroo 10 times	Waddle like a penguin for 30-secs	10 Jumps on the spot	10 Frog Jumps
Run on the spot 30-secs	Touch your toes 10 times	30 seconds of skipping	Balance like a tree for 30 seconds	Jump like a Kangaroo 10 times
Waddle like a penguin for 30-secs	10 Jumps on the spot	10 Frog Jumps	Run on the spot 30-secs	Touch your toes 10 times

BINGO – a fun way to get your kids moving!

Simply complete and tick off each activity and have fun while you go.

Want to share your fun – tag #littlerockersradio #readysteadygokids



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multi-sports for 1.5–6 year olds