

Fitness BINGO

A fun collection of 16 jumping, hopping, and walking movements. Cross them out as you do them – try to complete the board!

**Tuck
Jumps**

**Raise
the
Roof**

V-Hops

**Leap
Frog
On-the-
Spot**

**Squat
Hops**

**Jump-
ing
Rope**

**Rock-
ing
Horse**

X-Jump

**Jump
to Sky-
Touch
Toes**

**Rock-
Paper-
Scissors**

**Pogo
Jumps**

Swimmer

**Half
Turns**

**Wounded
Duck**

**Lollipop
Hop**

**Five
Dot
Hop**

For more detailed instructions on how to do each fitness activity, visit <https://teachingtools.ophea.net/activities/50-fitness-activity-gifs/50-fitness-activity-gifs>