

On-the-Go Bingo



Hand Rolls
10 Hand Rolls forward then reverse



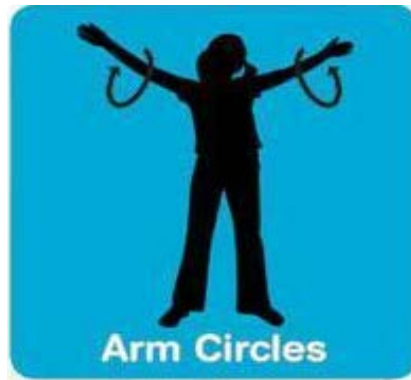
Jog In Place
Jog in place for 1 min



Hop On One Foot
10 hops on right foot; change 10 hops on left foot



Jumping Jacks
10 jumping jacks



Arm Circles
10 arm circles



Toe Touches
10 touches: Left foot-right hand; then change



Arm Spins
Keep feet planted; turn arms without turning body (Left to



Step Wide and Step Together
Sumo steps: 5 forward then 5 backward.



Star Jumps
5 Star Jumps

right- 10 times)		
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Content: Movement Skills and Concepts

Skill: Execute movement in personal space incorporating aesthetic and creative qualities of movement

Objectives: Students will be able to:

Demonstrate body movements in personal space using the game 'On-the-Go Bingo';

Understand and appreciate that movement can occur in different types of spaces.

Activity: On-the-Go Bingo

Class: Std 3

Players: 1-4

Bingo sheets: 1-4

Deck:1

Time: 10 minutes

Shuffle the deck of cards. Draw a card from the stack of cards. Then perform the proper number of exercises on the card. Once the player has completed the exercise place on the bingo sheet on the exercise picture. Draw another card and perform that exercise. The player(s) continually draw and complete exercises until there are no more cards. When there are no more cards left in the super deck the game is over. The player with the most cards at the end wins or if it is an individual player, 3 cards in a row either left to right or top to bottom wins bingo.

Creating the Deck

For this deck, you will need to create your own. Using 3 sheets of copy paper. Fold each sheet into 4 equal parts. Cut evenly along the seams. Colour one side of the block. On the coloured side write on each block an exercise from the bingo sheet. Stick the uncolored side of the block on to a piece of cardboard or Bristol board to make it sturdy.

Bingo Sheets

For the sheet, you can print or watch from a screen. Arrange block/cards in the order it appears to get bingo.