On-the-Go Bingo

10 Hand Rolls forward then reverse

Jog in place for 1 min

10 hops on right foot; change 10 hops on left foot

10 jumping jacks

10 arm circles

10 touches: Left foot-right hand; then change

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

Sumo steps: 5 forward then 5 backward.

5 Star Jumps
**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.