



Backyard Bingo



**DO A
STAR JUMP**

10 Times

**DO THE
MACARENA
DANCE**

3 Times

**LAY DOWN &
STAND UP**

5 Times

**JUMP AS HIGH
AS YOU CAN**

5 Times

**ROLL
AGAIN**

**WALK LIKE A
DUCK**

20 Steps

**PRETEND TO
SHOOT A
BASKETBALL**

10 Times

**BALANCE
ON YOUR LEFT
FOOT**

10 Seconds

**SPIN AROUND
IN CIRCLES**

10 Times

INSTRUCTIONS

- Roll a small rock on this bingo board.
- Whatever square the rock lands on, is the activity you must do.
- First to complete all activities wins!