

Supporting Students at home K6S & K6M (Week 10)

	Monday 30/3/2020	Tuesday 31/3/2020	Wednesday 1/4/2020	Thursday 2/4/2020	Friday 3/4/2020
Morning	<p align="center">English</p> <p>Spelling Unit 10 g/gg</p> <ul style="list-style-type: none"> Complete LSCWC Sheet Complete 2 Activities from your Soundwaves Booklet Log in to Soundwaves and complete segmenting tool for list words and 2 games. <p>Reading Log in to Reading Eggs and read aloud one 1 short story book from the Library and complete comprehension questions.</p> <p>Writing</p> <p>K6M – Write one sentence using your list words.</p> <p>K6S – Read Forests by Katy Pike in Reading Eggs and Write one or more sentences up to one paragraph describing one type of forest.</p>	<p align="center">English</p> <p>Spelling Unit 10 g/gg</p> <ul style="list-style-type: none"> Complete LSCWC Sheet Complete 2 Activities from your Soundwaves Booklet Log in to Soundwaves and complete segmenting tool for list words and 2 games. <p>Reading Log in to Reading Eggs and read Forests by Katy Pike and complete comprehension questions.</p> <p>Writing</p> <p>K6M – Write one sentence about an animal that lives in a Forest.</p> <p>K6S – Write one or more sentences about an animal that lives in a forest. You can handwrite or use google docs.</p>	<p align="center">English</p> <p>Spelling Unit 10 g/gg</p> <ul style="list-style-type: none"> Complete LSCWC Sheet Complete 2 Activities from your Soundwaves Booklet Log in to Soundwaves and complete segmenting tool for list words and 2 games. <p>Reading Log in to Reading Eggs and read aloud 1 short story book from the Library and complete comprehension questions.</p> <p>Writing</p> <p>K6M – Write one sentence using your list words.</p> <p>K6S – Write one or more reasons why we need to protect native animals. You can handwrite or use google docs.</p>	<p align="center">English</p> <p>Spelling Unit 10 g/gg</p> <ul style="list-style-type: none"> Complete LSCWC Sheet Complete 2 Activities from your Soundwaves Booklet Log in to Soundwaves and complete segmenting tool for list words and 2 games. <p>Reading Log in to Reading Eggs and read aloud 1 short story book from the Library and complete comprehension questions</p> <p>Writing</p> <p>K6M – Write one sentence about the book you read.</p> <p>K6S – Write one or more sentences up to one paragraph about the book you are reading.</p>	<p align="center">English</p> <p>Spelling Unit 10 g/gg</p> <ul style="list-style-type: none"> Complete 2 Activities from your Soundwaves Booklet Log in to Soundwaves and complete segmenting tool for list words and 2 games. <p>Reading Log in to Reading Eggs and complete a level in your program.</p> <p>Writing</p> <p>K6M – Write one sentence about what you would like to do on the weekend.</p> <p>K6S – Write one or more sentences up to one paragraph about what you would like to do on the weekend.</p>
	Break				
Middle	<p align="center">Mathematics</p> <p>Number:</p> <ul style="list-style-type: none"> Complete Worksheet from Maths Plus. Log into “Hit the Button” and complete Number Bonds. <p>K6M – Log in to Studyladder and complete friends of ten tasks.</p> <p>K6S – Log in to Studyladder and complete place value tasks.</p>	<p align="center">Mathematics</p> <p>Number:</p> <ul style="list-style-type: none"> Complete Worksheet from Maths Plus. Log into “Hit the Button” and complete times tables drills. <p>K6M – Log in to Studyladder and complete multiplication tasks.</p> <p>K6S – Complete Maths Plus area & perimeter worksheets.</p>	<p align="center">Mathematics</p> <p>Number:</p> <ul style="list-style-type: none"> Log in to Studyladder and complete set tasks. Log into “Hit the Button” and complete doubles drills. <p>K6M – Log in to Studyladder and complete addition tasks.</p> <p>K6S – Complete Maths Plus arrays worksheets.</p>	<p align="center">Mathematics</p> <p>Number:</p> <ul style="list-style-type: none"> Complete Worksheet from Maths Plus. Log into “Hit the Button” and complete Number Bonds. <p>K6M – Log in to Studyladder and complete friends of ten tasks.</p> <p>K6S – Log in to Studyladder and complete place value tasks.</p>	<p align="center">Mathematics</p> <p>Number:</p> <ul style="list-style-type: none"> Complete Worksheet from Maths Plus. Log into “Hit the Button” and complete times tables drills. <p>K6M – Log in to Studyladder and complete multiplication tasks.</p> <p>K6S – Complete Maths Plus area & perimeter worksheets.</p>
	Break				

Monday 30/3/2020

Tuesday 31/3/2020

Wednesday 1/4/2020

Thursday 2/4/2020

Friday 3/4/2020

Afternoon

Visual Arts

Make a bushland scene by smudging pastels/colour pencils together in various colours on white paper. Draw a small figure of a child, wallaby, possum or owl in the bush.



Science

Read the magazine article Earth Watch: Protecting Native Plants and Animals and complete the comprehension worksheet.

PDHPE

Play the Fitness Bingo game with someone and your family and see how well you can perform challenges like star-jumps, crunches, and jumping forwards and backwards.

Science

Reread the magazine article Earth Watch: Protecting Native Plants and Animals and design a poster about what you can do to help reduce the risk to the native environment?

PDHPE

Complete the Healthy Foods Word search.

Play the Fitness Bingo game with someone and your family and see how well you can perform challenges like star-jumps, crunches, and jumping forwards and backwards.

Week ... Term 1



g gg girl egg

G1

Words	Monday	Tuesday	Wednesday	Thursday
big				
bag				
leg				
rug				
get				
egg				
hug				
girl				
hugged				
hugging				
grab				
grin				

<i>Words</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<i>glad</i>				
<i>glue</i>				
<i>good</i>				

Unit 10



g gg



girl



egg



List Words

big	get	grab	good
bag	egg	grin	going
leg	hug	glad	hugged
rug	girl	glue	hugging

Letters

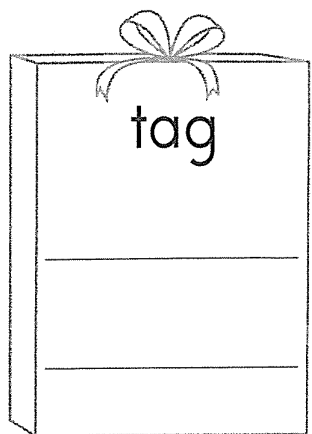
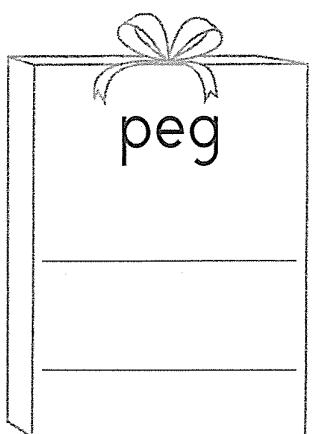
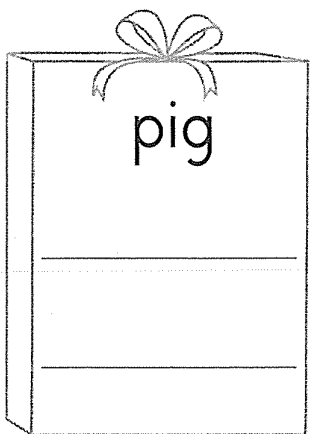
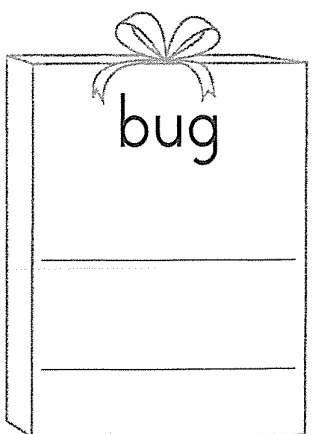
Words

1 **Underline** the letter or letters for **g gg** in each List Word. If any of these are not in the sound box, write them with a word example in the box above.


2 **Colour** the gift if you hear **g gg** in the picture name. **Write** a stroke below the picture for each sound in the gift name, like this: *dog* /d/o/g/ **lll**.

 lll	 _____	 _____	 _____	 _____
--	--	--	---	--

3 **Write** words to rhyme in the boxes.

 tag _____ _____	 peg _____ _____	 pig _____ _____	 bug _____ _____
--	--	---	--

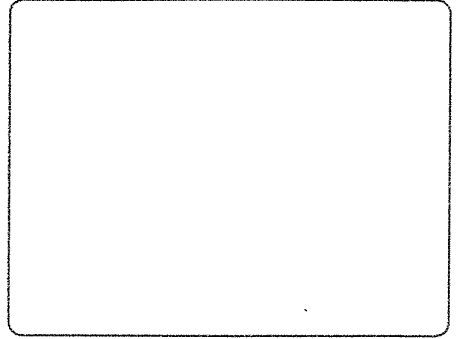
4 Write **g**, **gg** or **G** to finish the words. Read and draw the finished story.

★ We usually write **g** for  **g g g**. Sometimes we write **gg** in the middle of a word.
G starts sentences and the names of people and places.

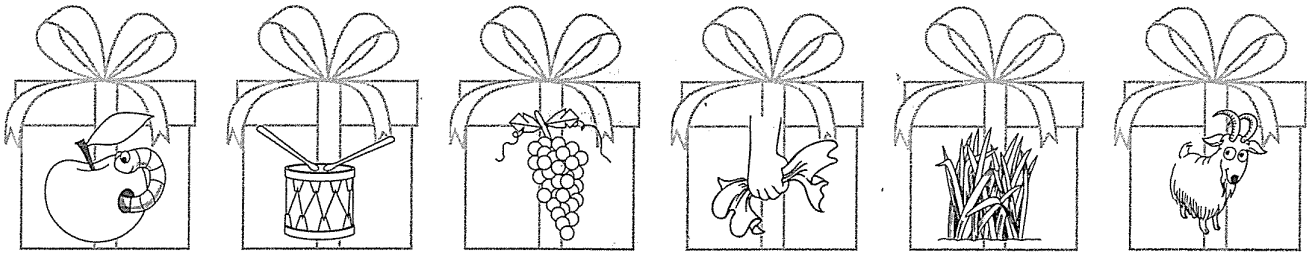
___abby is a ___irl.

She is ___oing to her do___.

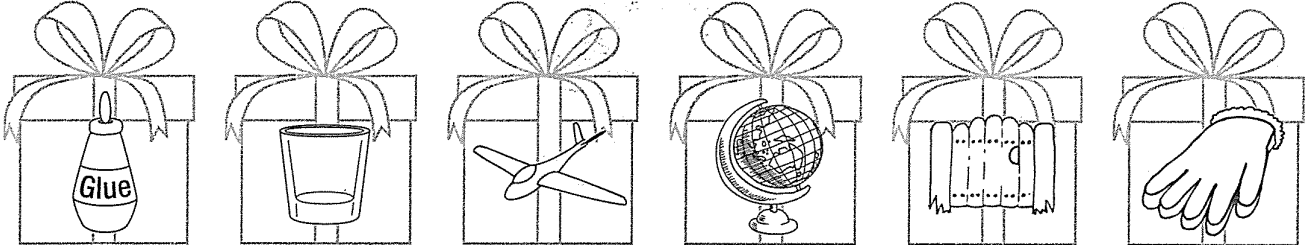
She is hu___ing her do___.



5 Colour the gift if you hear **gr** at the **start** of the gift name.



6 Colour the gift if you hear **gl** at the **start** of the gift name.



7 Write **gr** or **gl** to finish the words. Write one of your words for each picture.

gr
gl

___ab ___ad ___in ___ue

___ass ___ass ___ub ___eet

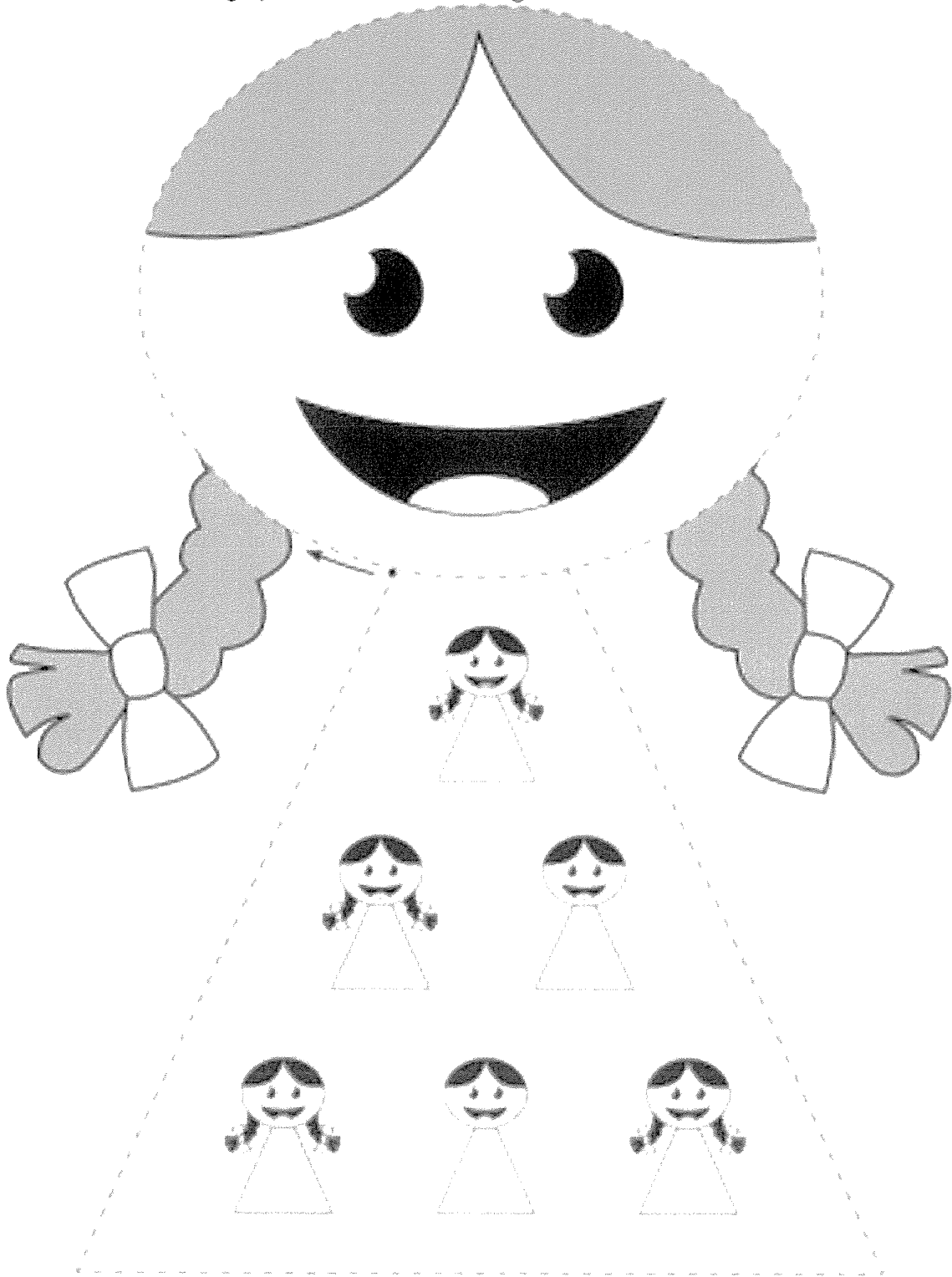




Girls giggle g, g, g

Foundation

Trace the dotted lines. Start at the dot. Follow the arrow.
Draw the missing parts on two girls.



Girls giggle – g, g, g.
(pronounced as )

g gg Find A Word Level 1

E	G	G	K	U	O	H	Z	G	M
B	L	R	G	H	R	U	G	F	S
H	U	G	O	U	G	H	R	G	M
B	E	C	I	G	E	U	A	G	D
I	N	J	N	G	T	G	B	R	W
G	Y	G	G	I	O	G	Q	I	E
E	J	L	T	N	L	E	G	N	G
S	B	A	G	G	O	D	H	Z	O
O	Q	D	G	I	R	L	E	T	O
X	E	X	R	D	O	V	B	D	D

BIG

GOING

HUGGED

GOOD

HUG

GIRL

GLUE

HUGGING

GRAB

EGG

LEG

GLAD

GET

GRIN

RUG

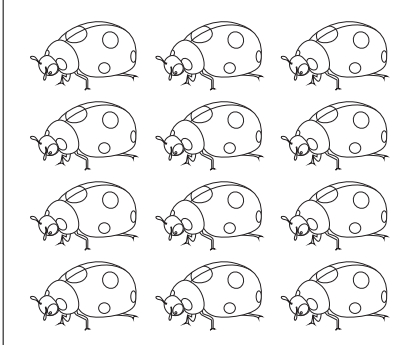
BAG

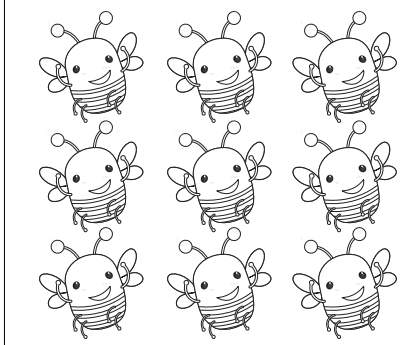
Name _____

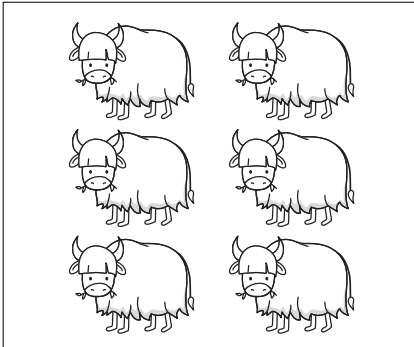
Date _____

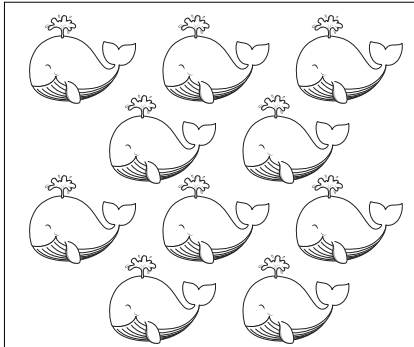
Counting Collections to 20

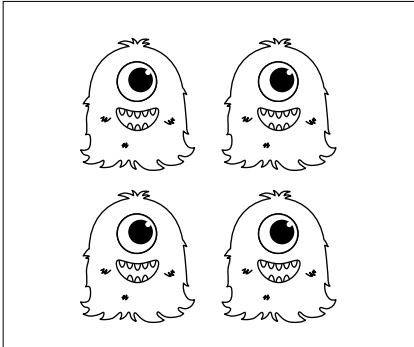
Count the small collections in each box then record the total.

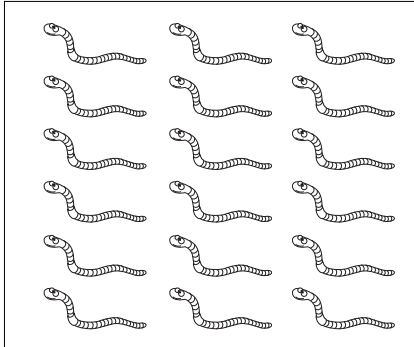
a) 

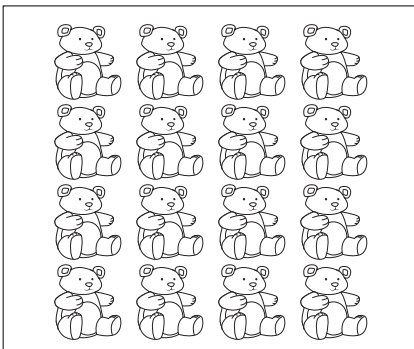
e) 

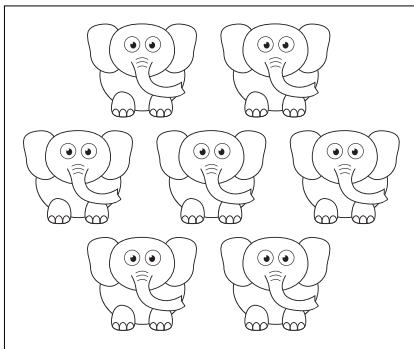
b) 

f) 

c) 

g) 

d) 

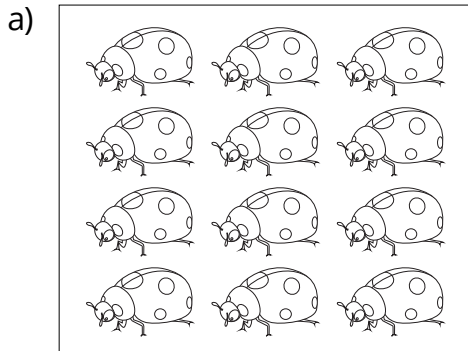
h) 

Name _____

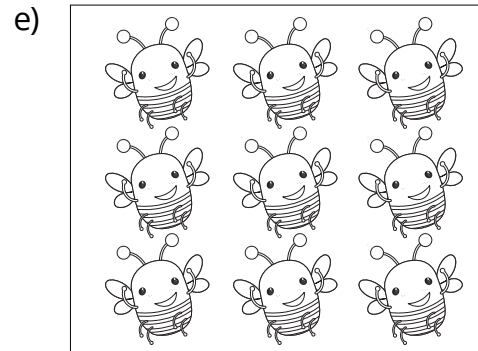
Date _____

Counting Collections to 20 (Answers)

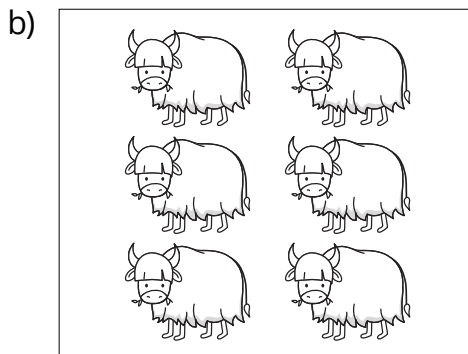
Count the small collections in each box then record the total.



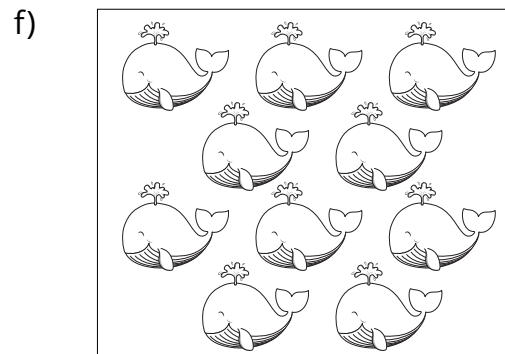
12



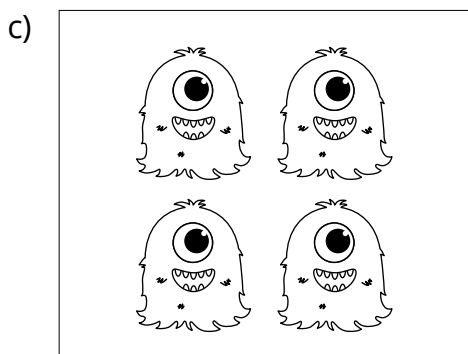
9



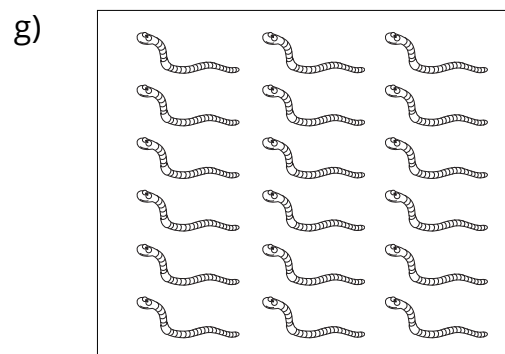
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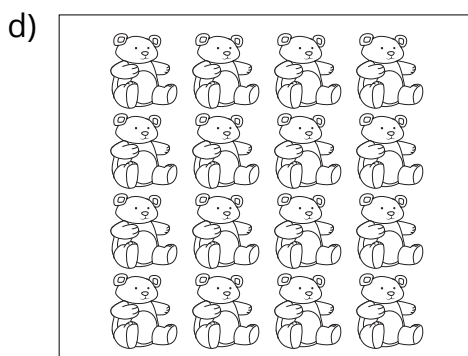
10



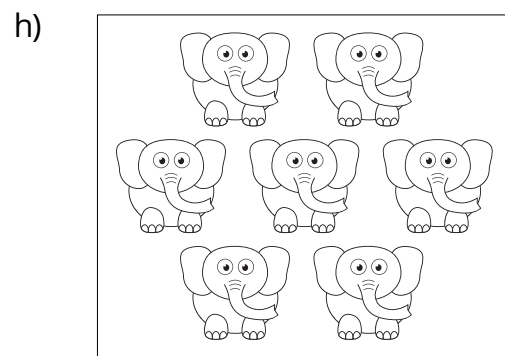
4



18



16




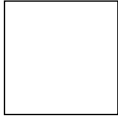
7



Name _____

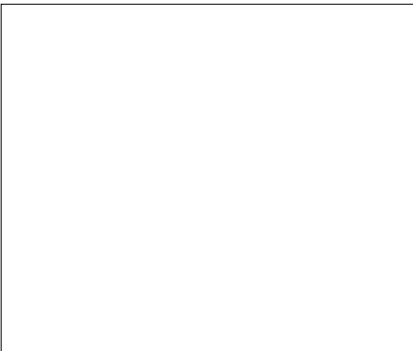

Date _____

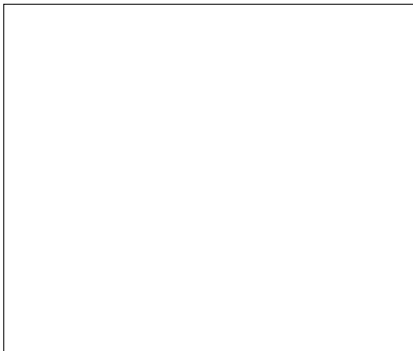

Counting Collections to 20

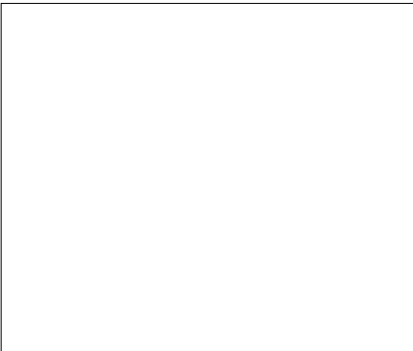
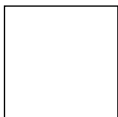
Draw small collections of different objects in each box then record the total amount.

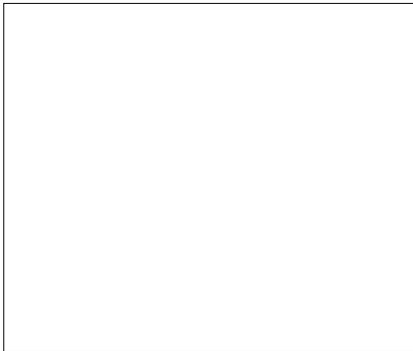

a)  

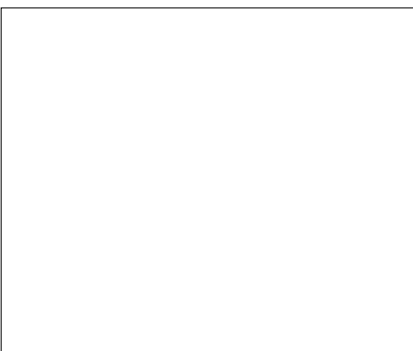
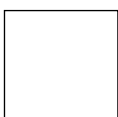
e)  

b)  

f)  

c)  

g)  

d)  

h)  

Name: _____

Time _____

Number Correct _____/36

Addition: +1

$8 + 1 = \underline{\quad}$

$2 + 1 = \underline{\quad}$

$5 + 1 = \underline{\quad}$

$6 + 1 = \underline{\quad}$

$3 + 1 = \underline{\quad}$

$9 + 1 = \underline{\quad}$

$4 + 1 = \underline{\quad}$

$7 + 1 = \underline{\quad}$

$1 + 1 = \underline{\quad}$

$0 + 1 = \underline{\quad}$

$5 + 1 = \underline{\quad}$

$2 + 1 = \underline{\quad}$

$3 + 1 = \underline{\quad}$

$6 + 1 = \underline{\quad}$

$8 + 1 = \underline{\quad}$

$4 + 1 = \underline{\quad}$

$2 + 1 = \underline{\quad}$

$9 + 1 = \underline{\quad}$

$$\begin{array}{r} 3 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 1 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 5 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 6 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 0 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \\ + 1 \\ \hline \end{array}$$

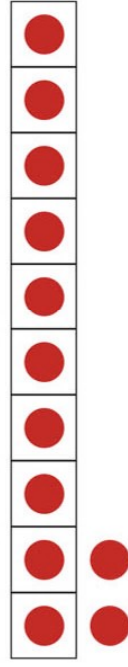
$$\begin{array}{r} 8 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ + 1 \\ \hline \end{array}$$

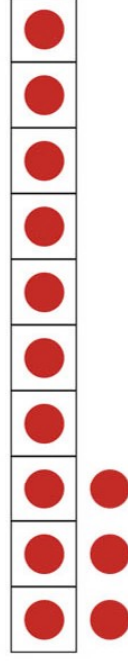
$$\begin{array}{r} 1 \\ + 1 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \\ + 1 \\ \hline \end{array}$$

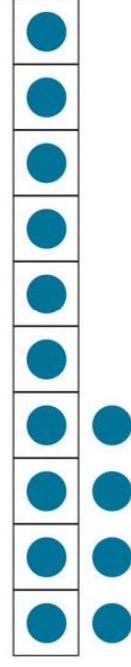
Write a number to complete the sentences.



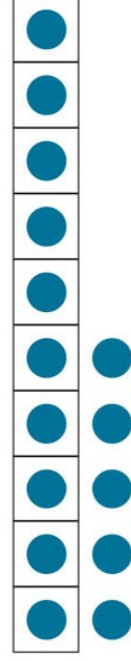
12 is more than 10



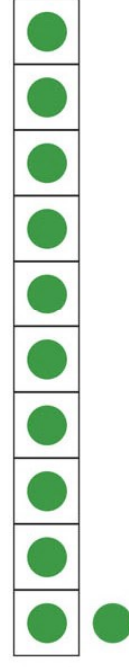
13 is more than 10



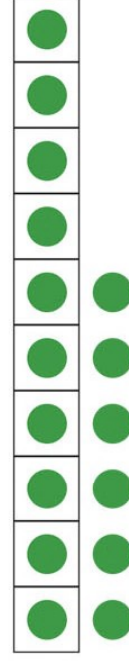
14 is more than 10



15 is more than 10

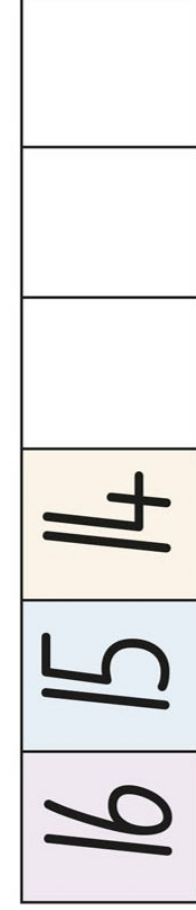
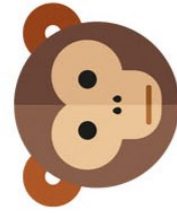
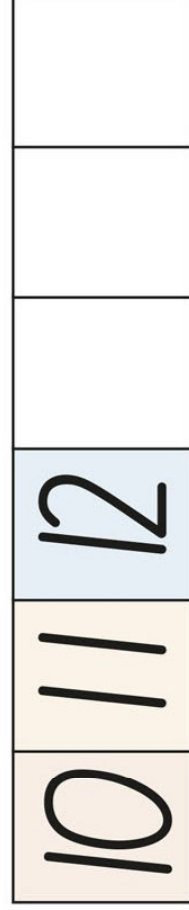


11 is more than 10



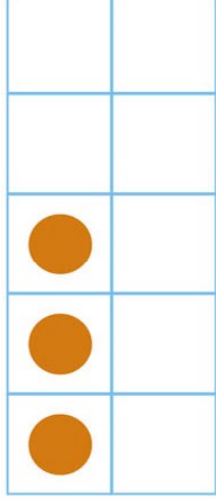
16 is more than 10

Finish counting to help the animals find their food.

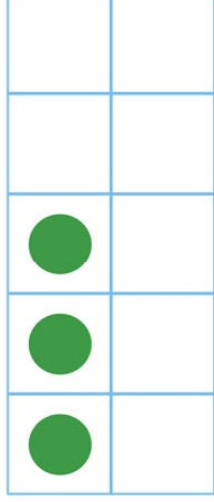


Draw extra circles on the ten frame to add these numbers.

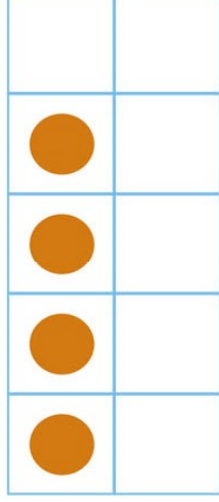
$$3 \text{ plus } 2 \text{ makes } \square$$



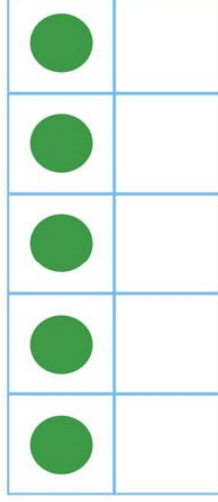
$$3 \text{ plus } 4 \text{ makes } \square$$



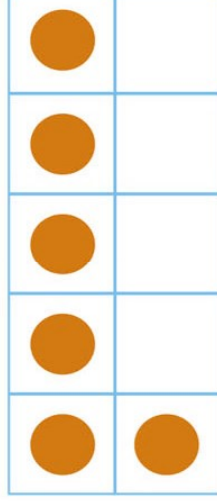
$$4 \text{ plus } 3 \text{ makes } \square$$



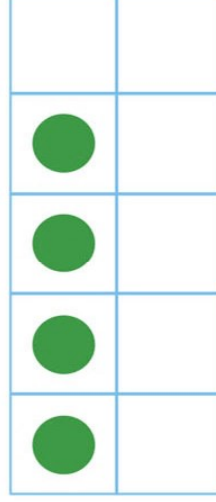
$$5 \text{ plus } 4 \text{ makes } \square$$



$$6 \text{ plus } 3 \text{ makes } \square$$



$$4 \text{ plus } 5 \text{ makes } \square$$



Complete the labels of the equal groups.



2

groups of

3

makes



3

groups of

makes



3

groups of

makes



4

groups of

makes

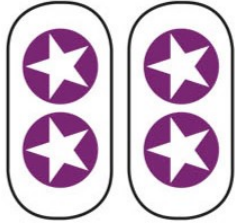


2

groups of

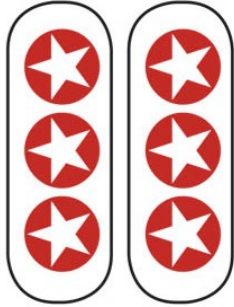
makes

Complete the number sentences to describe the groups.



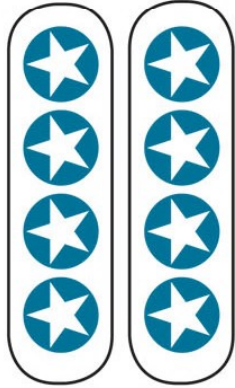
rows of

equals



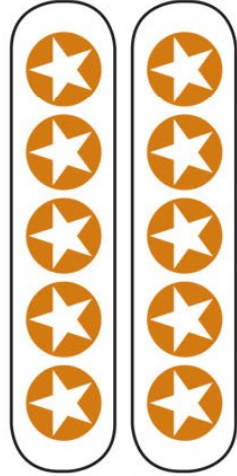
rows of

equals



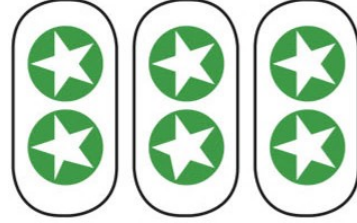
rows of

equals



rows of

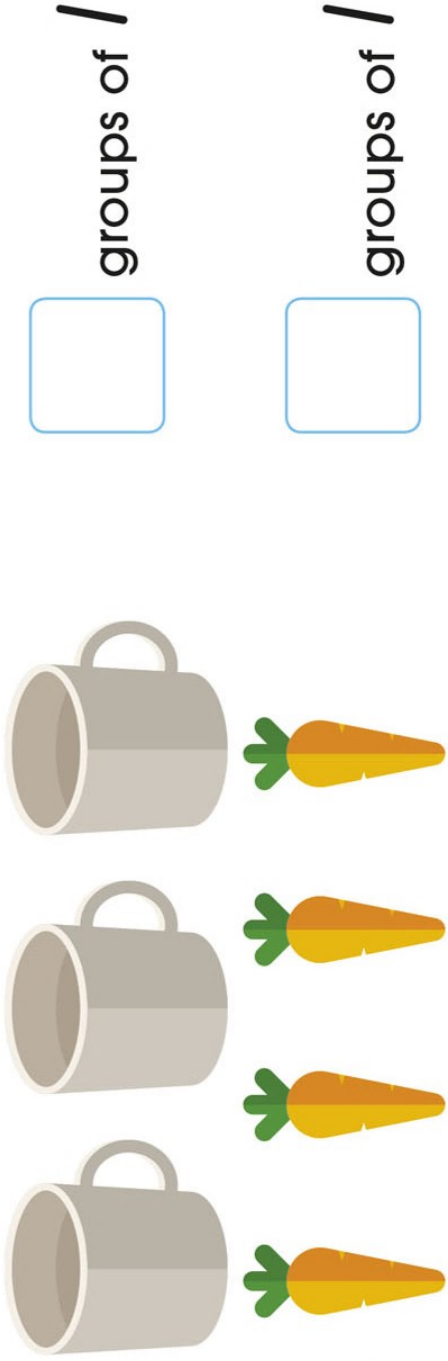
equals



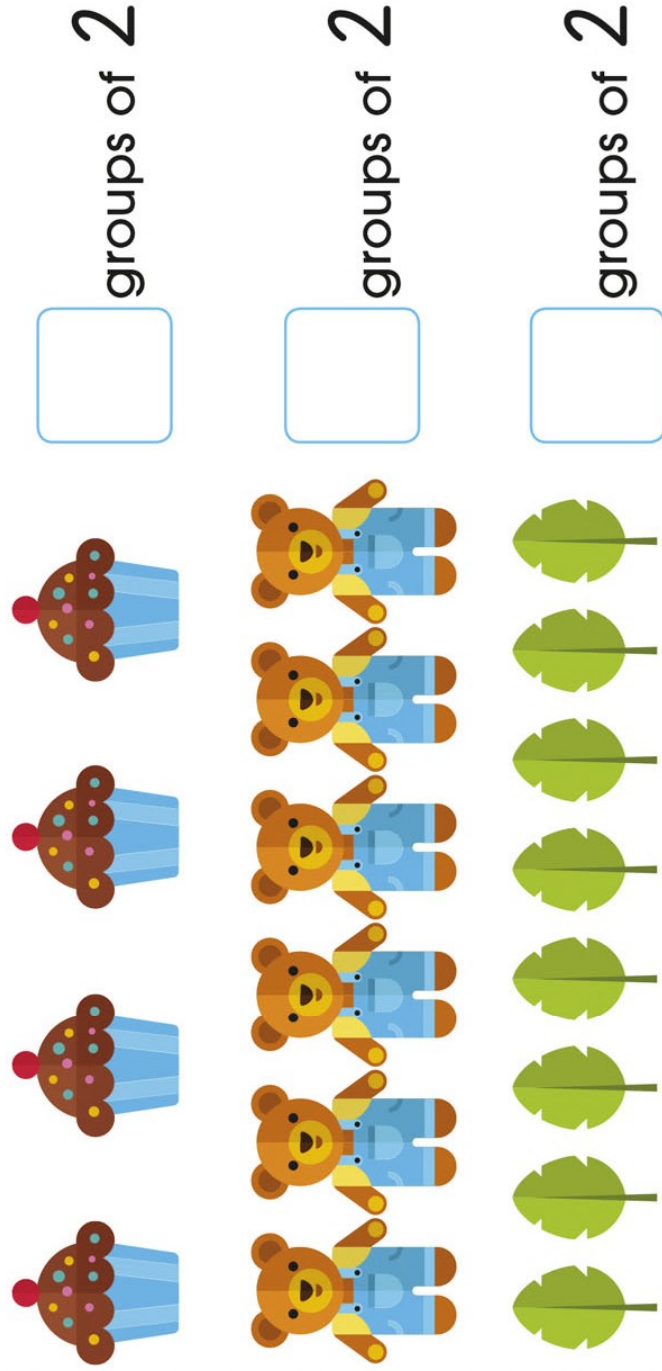
rows of

equals

Draw circles to divide the objects into groups of 1.



Draw circles to divide the objects into groups of 2.



Draw circles to divide the objects into groups of 3.



Beth has 10 counters. Write how many she has hidden with her hand each time.

I had 10 but covered some.



Earth Watch

PROTECTING NATIVE PLANTS AND ANIMALS



Quolls are native to Australia.

Animals come in all shapes, sizes and types. Most are very cute, but some harm the environment when they move to places they do not belong. When animals go to a new place, some of them spread too fast or hurt the other animals that live there.

WHAT ARE PESTS?

Animals that belong in a country are called *native animals*. New species that cause trouble are called *pests*. Some pests are farm animals or pets gone wild (or *feral*). Others were taken to new areas by accident or on purpose as people explored the world.

Cane toads are from South America, but they were brought to Australia to eat beetles that were destroying sugar cane crops. They look like frogs, but their poison kills frog-eating native animals. Stoats (or weasels) from America cause problems in New Zealand. They eat the chicks of native kiwi birds, which are

endangered. Some pests travel by accident. Rats and mice come on ships. Bats, birds and insects fly. Mites and ticks arrive in the fur of other animals.



European starlings are very pretty birds, but they are pests that steal nests from native birds.



Flowers, plants and fruits like blackberry bushes can spread to take over wild places.



Sniffer dogs are good at smelling for pests at airports. They sit down next to luggage if they sniff pests.

HOW DO PESTS SPREAD?

In the past, people did not know the dangers of bringing plants or animals to new countries.

Boats were not checked, so pests got a free ride around the world. Cats, dogs, birds and rabbits got loose or were set free. Pigs, goats, cows and horses also went feral. Their hooves can damage habitats, and they compete with native animals for food and water.

Customs and border control agents now carefully check planes and ships for pests. These days, pests mostly travel through careless packing of goods or by hitching a ride with humans when they travel to new places.

Now that you know how to stop the spread of pests, you can help protect Australia's native plants and animals.

5 WAYS TO STOP PESTS

1. Be careful not to order plant or animal products from overseas or post them from Australia.
2. After hiking, wash your boots clean of mud before you travel home.
3. Don't take any fruit, vegetables or plants with when you visit other states or countries.
4. Never remove native animals from their homes or release insects, pets, fish or farm animals into the wild where they don't belong.
5. Protect national parks by telling rangers about any pests that you see.

Name: _____

Date: _____

Earth Watch: Protecting Native Plants and Animals

Questions

1. What native animals and plants are found near your home?

2. Do you know of any introduced pests that are in your area?

3. How do pests in your area threaten the native environment?

4. What can you do to help reduce the risk to the native environment?

5. Draw the habitat of a native animal in your area.

Fitness Bingo

Health/P.E. > Physical Education > Sport

Disclaimer: This Starter Sheet should be regarded as a guide only. Teachers should make adjustments in accordance with the individual learning needs of their students.

 **PREP**
10 min

DURATION
30 min

Equipment

bingo grids, fitness cards, counters

Preparing

Familiarise yourself with the activity and ensure that your students will be able to complete the physical actions.

Print, cut out and prepare the bingo grids and fitness cards.

CURRICULUM CODES

Australian Curriculum

ACPMPO25 Perform fundamental movement skills in a variety of movement sequences and situations.

ACPMPO61 Practise specialised movement skills and apply them in a variety of movement sequences and situations.

ACPMPO43 Practise and refine fundamental movement skills in a variety of movement sequences and situations.

THE PURPOSE OF THIS RESOURCE IS:

to perform a range of fundamental movement skills and challenges.

STUDENTS WILL KNOW THEY ARE SUCCESSFUL WHEN THEY:

- complete each movement challenge.

PRIOR LEARNING

Students should be familiar with:

- performing each action that is part of the game.



Make it BUZZ!

Play some energetic music while students are performing the actions. Encourage them to complete the movements in time with the beat of the music. Experiment with different tempos and music genres.

DIFFERENTIATION

Supporting Students

- Give less-capable students a smaller amount of repetitions/reduce the time they have to perform the action.

Extending Students

- Increase the amount of time/repetitions more-capable students need to perform an action to successfully complete the task.

MONITORING STUDENT UNDERSTANDING

- Ensure that students know how to perform the actions during the game. Demonstrate as necessary.
- Monitor how students are performing as the game progresses, and reduce the difficulty of the tasks to ensure students continue to succeed.

SUSTAINABILITY

- Adhere the bingo grids and fitness cards to thick cardboard for added durability.

21ST CENTURY SKILLS



Collaboration and Teamwork

Participate in the game and help others perform the movement skills.









MOTOR SKILLS











Gross Motor

Perform the physical actions required to progress through the game.









Fitness BINGO

 <p>10 scissors</p>	 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>
 <p>8 twists</p>	Free Choice	 <p>5 crunches</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>8 high knee lifts</p>

Fitness BINGO

 <p>4 heel touches</p>	 <p>Shuffle on the spot for 30 seconds</p>	 <p>Sprint on the spot for 30 seconds</p>
 <p>8 twists</p>	Free Choice	 <p>10 squats</p>
 <p>12 side to side jumps</p>	 <p>6 push ups</p>	 <p>10 backwards forwards jumps</p>

Fitness BINGO

 <p>4 heel touches</p>	 <p>2 grape vines</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>Easy walk on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>10 squats</p>
 <p>15 second plank hold</p>	 <p>8 step touches</p>	 <p>10 backwards forwards jumps</p>

Fitness BINGO

 <p>March on the spot for 30 seconds</p>	 <p>2 grape vines</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>Easy walk on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>Side to side step for 30 seconds</p>
 <p>15 second plank hold</p>	 <p>8 step touches</p>	 <p>4 left leg lunges</p>

Fitness BINGO

 <p>March on the spot for 30 seconds</p>	 <p>10 scissors</p>	 <p>5 power jumps</p>
 <p>Row on the spot for 30 seconds</p>	Free Choice	 <p>Side to side step for 30 seconds</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>4 left leg lunges</p>

Fitness BINGO

 <p>Knee high jog on the spot for 30 seconds</p>	 <p>10 scissors</p>	 <p>5 power jumps</p>
 <p>Row on the spot for 30 seconds</p>	Free Choice	 <p>5 crunches</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>8 twists</p>









Fitness BINGO

 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>6 push ups</p>
 <p>4 heel touches</p>	Free Choice	 <p>5 crunches</p>
 <p>Shuffle on the spot for 30 seconds</p>	 <p>10 squats</p>	 <p>8 twists</p>









Fitness BINGO

 <p>Hop on one leg for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>6 push ups</p>
 <p>4 heel touches</p>	Free Choice	 <p>10 backwards forwards jumps</p>
 <p>Shuffle on the spot for 30 seconds</p>	 <p>10 squats</p>	 <p>12 side to side jumps</p>









Fitness BINGO

 <p>Hop on one leg for 30 seconds</p>	 <p>15 second plank hold</p>	 <p>2 grape vines</p>
 <p>4 left leg lunges</p>	Free Choice	 <p>10 backwards forwards jumps</p>
 <p>8 step touches</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>12 side to side jumps</p>

Fitness BINGO

 <p>4 right leg lunges</p>	 <p>15 second plank hold</p>	 <p>2 grape vines</p>
 <p>4 left leg lunges</p>	Free Choice	 <p>March on the spot for 30 seconds</p>
 <p>8 step touches</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>Side to side step for 30 seconds</p>

Fitness BINGO

 <p>4 right leg lunges</p>	 <p>2 grape vines</p>	 <p>Row on the spot for 30 seconds</p>
 <p>10 scissors</p>	Free Choice	 <p>March on the spot for 30 seconds</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>Side to side step for 30 seconds</p>

Fitness BINGO

 <p>8 twists</p>	 <p>5 power jumps</p>	 <p>Row on the spot for 30 seconds</p>
 <p>10 scissors</p>	Free Choice	 <p>5 crunches</p>
 <p>12 star jumps</p>	 <p>Sprint on the spot for 30 seconds</p>	 <p>Knee high jog on the spot for 30 seconds</p>

Fitness BINGO



8 twists



6 push ups



8 high knee lifts



4 heel touches

Free Choice



5 crunches



Shuffle on the spot for 30 seconds



10 squats



Knee high jog on the spot for 30 seconds

Fitness BINGO



12 side to side jumps



6 push ups



8 high knee lifts



4 heel touches

Free Choice



10 backwards forwards jumps



Shuffle on the spot for 30 seconds











10 squats








Hop on one leg for 30 seconds









Fitness BINGO

 <p>12 side to side jumps</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>8 step touches</p>
 <p>2 grape vines</p>	Free Choice	 <p>10 backwards forwards jumps</p>
 <p>15 second plank hold</p>	 <p>4 left leg lunges</p>	 <p>Hop on one leg for 30 seconds</p>

Fitness BINGO

 <p>4 right leg lunges</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>8 step touches</p>
 <p>2 grape vines</p>	Free Choice	 <p>March on the spot for 30 seconds</p>
 <p>15 second plank hold</p>	 <p>4 left leg lunges</p>	 <p>Side to side step for 30 seconds</p>









Fitness BINGO

 <p>4 right leg lunges</p>	 <p>5 power jumps</p>	 <p>Row on the spot for 30 seconds</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>March on the spot for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>Side to side step for 30 seconds</p>

Fitness BINGO

 <p>8 high knee lifts</p>	 <p>5 power jumps</p>	 <p>Row on the spot for 30 seconds</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>4 heel touches</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>Shuffle on the spot for 30 seconds</p>









Fitness BINGO

 <p>8 high knee lifts</p>	 <p>10 squats</p>	 <p>12 side to side jumps</p>
 <p>10 backwards forwards jumps</p>	<p>Free Choice</p>	 <p>4 heel touches</p>
 <p>Hop on one leg for 30 seconds</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>Shuffle on the spot for 30 seconds</p>

Fitness BINGO

 <p>8 step touches</p>	 <p>10 squats</p>	 <p>12 side to side jumps</p>
 <p>10 backwards forwards jumps</p>	<p>Free Choice</p>	 <p>2 grape vines</p>
 <p>Hop on one leg for 30 seconds</p>	 <p>Easy walk on the spot for 30 seconds</p>	 <p>15 second plank hold</p>

Fitness BINGO

 8 step touches	 4 left leg lunges	 4 right leg lunges
 March on the spot for 30 seconds	Free Choice	 2 grape vines
 Side to side step for 30 seconds	 5 power jumps	 15 second plank hold

Fitness BINGO

 Row on the spot for 30 seconds	 4 left leg lunges	 10 scissors
 March on the spot for 30 seconds	Free Choice	 12 star jumps
 Side to side step for 30 seconds	 5 power jumps	 Sprint on the spot for 30 seconds







Fitness BINGO

 <p>Row on the spot for 30 seconds</p>	 <p>8 twists</p>	 <p>10 scissors</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>12 star jumps</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>Sprint on the spot for 30 seconds</p>

Fitness BINGO

 <p>4 heel touches</p>	 <p>8 twists</p>	 <p>8 high knee lifts</p>
 <p>5 crunches</p>	<p>Free Choice</p>	 <p>Shuffle on the spot for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>6 push ups</p>	 <p>10 squats</p>

Fitness BINGO

 <p>4 heel touches</p>	 <p>12 side to side jumps</p>	 <p>8 high knee lifts</p>
 <p>10 backwards forwards jumps</p>	Free Choice	 <p>Shuffle on the spot for 30 seconds</p>
 <p>Hop on one leg for 30 seconds</p>	 <p>8 step touches</p>	 <p>10 squats</p>

Fitness BINGO

 <p>15 second plank hold</p>	 <p>12 side to side jumps</p>	 <p>4 right leg lunges</p>
 <p>10 backwards forwards jumps</p>	Free Choice	 <p>Side to side step for 30 seconds</p>
 <p>Hop on one leg for 30 seconds</p>	 <p>8 step touches</p>	 <p>Row on the spot for 30 seconds</p>









Fitness BINGO

 <p>15 second plank hold</p>	 <p>12 star jumps</p>	 <p>4 right leg lunges</p>
 <p>8 twists</p>	Free Choice	 <p>Side to side step for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>Row on the spot for 30 seconds</p>









Fitness BINGO

 <p>Shuffle on the spot for 30 seconds</p>	 <p>12 star jumps</p>	 <p>12 side to side jumps</p>
 <p>8 twists</p>	Free Choice	 <p>Hop on one leg for 30 seconds</p>
 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 high knee lifts</p>	 <p>8 step touches</p>



Fitness BINGO

 <p>Shuffle on the spot for 30 seconds</p>	 <p>10 scissors</p>	 <p>12 side to side jumps</p>
 <p>Sprint on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>Hop on one leg for 30 seconds</p>
 <p>8 twists</p>	 <p>Knee high jog on the spot for 30 seconds</p>	 <p>8 step touches</p>

Fitness BINGO

 <p>5 power jumps</p>	 <p>10 scissors</p>	 <p>4 right leg lunges</p>
 <p>Sprint on the spot for 30 seconds</p>	<p>Free Choice</p>	 <p>2 grape vines</p>
 <p>8 twists</p>	 <p>Knee high jog on the spot for 30 seconds</p>	 <p>10 squats</p>

Fitness BINGO

 <p>5 power jumps</p>	 <p>12 side to side jumps</p>	 <p>4 right leg lunges</p>
 <p>5 crunches</p>	Free Choice	 <p>2 grape vines</p>
 <p>March on the spot for 30 seconds</p>	 <p>12 star jumps</p>	 <p>10 squats</p>

Fitness BINGO

 <p>Sprint on the spot for 30 seconds</p>	 <p>12 side to side jumps</p>	 <p>15 second plank hold</p>
 <p>5 crunches</p>	Free Choice	 <p>4 heel touches</p>
 <p>March on the spot for 30 seconds</p>	 <p>12 star jumps</p>	 <p>Knee high jog on the spot for 30 seconds</p>

10 Scissors

12 star jumps

5 crunches

**Knee high
jog on the spot
for 30 seconds**

**Shuffle on
the spot for
30 seconds**

10 squats

**Easy walk on
the spot for
30 seconds**

8 step touches

4 right leg lunges

**March on
the spot for
30 seconds**

**Sprint on
the spot for
30 seconds**

Free Choice

6 push ups

8 high knee lifts

**12 side to
side jumps**

**10 backwards
forwards jumps**

2 grape vines

**15 second
plank hold**

**Side to
side step for
30 seconds**

5 power jumps

8 twists

4 heel touches

**Hop on
one leg for
30 seconds**

4 left leg lunges

**Row on
the spot for
30 seconds**