






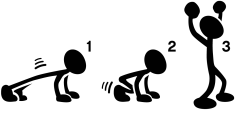




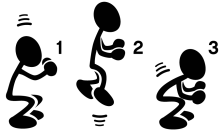
















BOKS BINGO

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| BOKS BINGO | | | | |
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Randomly write or cut and paste the actions to each card. The leader can then call out an action and children can cross it off once it is complete. The first one to achieve a pre-determined arrangement (i.e. four corners, straight line, full card etc. wins).

BOKS BINGO

| | | | | |
|--|--|--|---|---|
| <p>Squats</p>  | <p>Lunges</p>  | <p>Thumbs-up</p>  | <p>Happy Face</p>  | <p>Tuck jump</p>  |
| <p>Burpees</p>  | <p>Chair Pose</p>  | <p>BOKS Trainer</p>  | <p>Superman</p>  | <p>Child Pose</p>  |
| <p>Squat</p>  | <p>Downward Dog Pose</p>  | <p>BOKS Cheer</p>  | <p>Running</p>  | <p>Donkey Kicks</p>  |
| <p>BOKS Certificate</p>  | <p>Crunch</p>  | <p>Tree Pose</p>  | <p>Metrics</p>  | <p>Spider man</p>  |
| <p>Mountain Climbers</p>  | <p>BOKS logo</p>  | <p>Broad Jump</p>  | <p>Push-ups</p>  | <p>Jumping</p>  |

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