

Keeping Active Bingo

Choose activities from the grid to keep yourself and your family active. How many can you cross off? Take photos of you completing them – we would love to have them emailed to us!

1. Using YouTube put on Go-Noodle and follow the activity in the video.	2. Put music on and have a kitchen disco.	3. Stair Challenge How many step ups can you do in 1 minute? How many times can you climb your stairs in 1 minute?	4. Make yourself an obstacle course and time yourself. Try to improve your time.
5. Be a sports coach. Teach a sibling or grown up at home how to do a skill you learnt at school.	6. Skipping Challenge How many skips can you do in a row? Can you skip backwards? Can you skip on one leg?	7. Target practice Draw a target on the floor with chalk and throw scrunched up paper onto the target.	8. Hula-hooping Can you hula-hoop around your waist/arm? Can you roll it in a straight line?
9. Ride your bike/scooter! Set up a course around the garden.	10. Complete a Joe Wicks challenge found at 9am on YouTube.	11. Set yourself a personal challenge of the day e.g. balance on 1 leg, sit up, plank? Can you perform it for one minute?	12. Play games in the garden e.g. hide and seek, capture the flag, hopscotch.
13. Go for a walk/run. Can you complete the same walk/run quicker the next day?	14. Have a go at doing a yoga video on the internet. We use 'Cosmic Kids Yoga' at school.	15. Be a personal trainer Put together a workout for a sibling or adult.	16. Learn to juggle.
17. Hold a mini sports day with different races – running, jumping and egg and spoon.	18. Practise your favourite sport; hitting tennis balls against the wall, keepie uppies for football or shooting for basketball.	19. Make up a new game and play it with your siblings/grown-ups.	20. Create a dance/gym routine to your favourite song! (<u>You can show us this back at school!</u>)

Good luck with participating in the challenges! Enjoy being active at home!