

ACTIVITY BINGO!

Whilst we are spending more time at home it's important that we continue to stay active. So why not give this activity bingo a try, how many can you tick off?



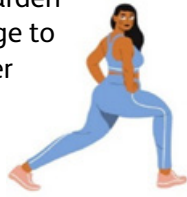
SKIPPING

Skip for 2 minutes x3
Rest for 30 seconds in-between



LUNGES

Start at one end of the room/garden and lunge to the other side x5



HOP

Hop on your left foot x20
Hop on your right foot x20
x3 rest for 30 seconds in-between



MOUNTAIN CLIMBERS

For 2 minutes



SIDE STEPPING

Start at one end of the room/garden and side step to the other side x5



TUCK JUMPS

15 tuck jumps x 5
Rest for 30 seconds in-between



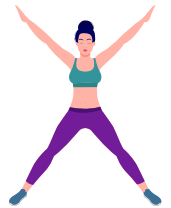
CATCH AND CLAP

Use a small ball, throw it in the air and see how many times you can clap before catching the ball.



STAR JUMPS

How many star jumps can you do in 2 minutes?



SQUATS

15 squats x 3
Rest for 1 minute in-between



RUNNING ON THE SPOT

Run on the spot for 2 minutes



PLANK

For 1 minute



BURPEES

How many can you do in 2 minutes?



BOUNCE AND CATCH

Use a small ball and see how many times you can bounce the ball and catch it again.



JUMPING SQUAT

15 x 3
Rest for 1 minute in-between



HIGH KNEES

For 2 minutes



SIT UPS

15 sit ups x3
Rest for 30 seconds in-between



SPRINT ON THE SPOT

Sprint on the spot for 30 seconds x3
Rest for 30 seconds in-between



BICEP CURL

15x3
Rest for 30 seconds in-between
You can do this with a bottle/tin



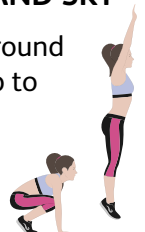
BALLOON CHALLENGE

Using your hands, feet or head see how long you can keep the balloon in the air!



TOUCH THE GROUND AND SKY

Touch the ground and jump up to the sky x15



How many can you tick off?

FOUR CORNERS

FOUR IN A ROW

FULL HOUSE