

PHYSICAL ACTIVITY BINGO



Complete your BINGO card by taking part in these activities with your families & friends over the summer break



Did you know that taking part in physical activity helps to release chemicals in your brain to make you feel happier.
Physical activity links to good mental health.

Play a game of throw tennis

Perform 50 sit ups

Paint or draw a sports picture

Skip for 60 seconds

Have a running race

Build a den

Design a new sports kit

Learn a gymnastics sequence

Create a dance

Perform 50 squats

Keep a balloon in the air for 60 seconds

Jump over a pillow 60 times

Do any with friends & family and earn double points

Go for a family walk for longer than 10 mins

Visit a local park

Invent a new game and play it

Design and take part in an obstacle course

Play hide and seek

Go for a run for longer than 5 minutes

Play keepy-uppy with a ball

Balance as many items on your body at once

Invent a game with a ball against a wall

Create and take part in a fitness circuit

Draw and do a Hopscotch

Play 'floor is lava' game - don't touch the floor

