

#Together

BINGO

Complete an activity and tick it off the list!



Go for gold:
complete all
the activities



Super silver:
complete a
horizontal or
vertical line



Brilliant bronze:
complete one
activity per line

JUMP up and down in a space 40 times	PLAY musical statues	RIDE a bike, scooter	BALANCE on a part of your body for 60 seconds	JUMP or MOVE over a pillow 40 times	PLAY hide and seek
HOP, JUMP or STAND on the spot for 60 seconds	BALANCE in a plank position	PASS a ball around your waist or head 25 times	BALANCE an object on your head	KEEP a balloon in the air for 60 seconds	PERFORM 50 star jumps
COMPLETE 20 shuttles (running, walking or moving)	SKIP or MOVE for 2 minutes	ROLL a ball across a table 10 times	PERFORM 40 of the same type of jumps	CREATE and complete and obstacle course	THROW or ROLL an object into a target 10 times in a row
DRIBBLE a ball in and out of objects	PERFORM 40 squat jumps / sit forwards	THROW or ROLL a ball against a wall or with a sibling	MOVE and complete 10 laps of your house or garden	PERFORM 40 jumps	PLAY a new game with a sibling, parent or carer
PERFORM 30 push ups	PERFORM dance movements	PERFORM a short fitness workout	PERFORM 30 sit ups or lean forwards	PERFORM a gymnastics routine	INVENT and play a new game