

Physical Activity Bingo



YOUTH
SPORT
TRUST



Believing in
every child's
future

| | | | | | |
|--|---|--|--|---|--|
| Jump on the spot 50 times | Play musical statues | Ride a bike or scooter | Balance on 1 leg for 60 seconds | Jump over a pillow 40 times | Play hide and seek |
| Hop on the spot for 60 seconds (Swap legs) | Balance in a plank position for 60 seconds | Pass a ball around your waist 25 times | Balance an object on your head | Keep a balloon in the air for 60 seconds | Perform 50 star jumps |
| Complete 20 shuttle runs | Skip for 2 minutes | Dribble a ball with your hands in and out of objects | Perform 40 squat jumps | Create and complete an obstacle course | Throw an object into a target 10 times in a row |
| Dribble a ball with your feet in and out of objects | Perform 40 squat jumps | Throw and catch a ball against a wall or with a sibling | Walk up and down 250 steps | Perform 30 burpees | Play a sport with a sibling, parent or carer |
| Perform 30 push ups | Create and perform a dance routine | Perform a 5 minute fitness workout | Perform 40 sit ups | Create and perform a gymnastics routine | Invent and play a new sport |

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue circles in less than 60 seconds?
- If you are finding some of the activities hard, have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line

