

PE Activity Bingo!

Complete as many activity challenges as you can before Easter to make Bingo!

Get your adult to sign or date each activity once you have completed it.

B	I	N	G	O
Do star jumps for every letter of the alphabet	CHALLENGE How many keepie-ups can you do with a balloon, a ball, a bat and ball.	Go for a walk or run with a family friend.	FAMILY ACTIVITY Try a new activity or game together as a family	Skip with a rope as many different ways as possible.
CHALLENGE Balance a ball on your head. How long can you do it for?	Have a game of PE Simon Says	FAMILY CHALLENGE Who can do the most sit-ups?	FREE CHOICE! What did you choose to do? _____	Play outside!
Play your favourite tag game.	Can you bounce a ball 30 times?	Build a tower – out of lego blocks, or books, or cards	Play catch with a family member.	FAMILY ACTIVITY Spend time together as a family reading.
No TV, video games or electronics for the whole day.	FAMILY ACTIVITY Go for a walk or bike ride	Do 5 minutes of stretching or yoga.	CHALLENGE How long can you balance on one leg?	Jog on the spot for 5 minutes.
FAMILY CHALLENGE Who can do the longest plank?	Show off your best dance moves for an entire song.	Create your own game and play it with a family member.	Kick a ball back and forth with a family member.	FAMILY CHALLENGE Play a board game or card game.

