

ACTIVITY BINGO



Can you get from left to right across the activity bingo board?

Pick an activity from the Monday column (we suggest starting in the middle!)

Then move on to Tuesday by picking an adjacent or diagonal box.

Colour in the completed activities to make a line!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 WALL PUSH-UPS	10 JUMP TWISTS	10 LEG RAISES	20 SEC SKIPPING	10 SQUATS
20 ARM CIRCLES	5 BURPEES	10 SHOULDER ROLLS	20 SEC BUM KICKS	10 LUNGES
10 STAR JUMPS	5 SQUAT JUMPS	6 LUNGES	20 SEC JOGGING IN PLACE	20 SEC DANCING
20 SECONDS PLANK	5 HIGH JUMPS	20 SEC DANCING	20 SEC STAR JUMPS	20 ARM CIRCLES
20 SEC BUM KICKS	5 LONG JUMPS	20 SEC BRIDGE	20 SEC HIGH KNEES	20 SEC SKIPPING