



Physical Education Bingo



Be active for at least 60mins every day!

B I N G O

 40 Jumping Jacks	 40 High Knees	 40 Toe Touches	 40 Butt Kicks	 20 Squats
 40seconds Plank	 20 Mountain Climbers	 20 High Jumps	 2 minute Dancing	 20 Shoulder taps
 10 Burpees	 10 Knee Push ups	1 Good Deed	 15 Sit ups	 2 minute Meditation
 2 minute Jump rope	 20 seconds Crab Walk	 20 Star Jumps	 20 Lunges	 20 seconds Bear Walk
 20 High Kicks	 30s each side Tree pose	 30 seconds V-sit Hold	 1 minute Wall Sit	 1 minute Running on spot