

# 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

