

# Active Schools Bingo

Weekly theme: Active Breaks



Joe  
Wicks



#ThisisPE  
video



Stretch – use the  
Deskercise  
exercises



15 reps of (choose one)  
squats, press-ups, lunges



UDOIT! Dance  
Foundation  
Street Dance



When writing, after each  
page, get up and walk  
around the room



## How to play:

Tick off each activity as you complete it. Once you have completed all six, if you **email** us with your name, year group and school we will send you a certificate.

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