

# Active Schools Bingo

Weekly theme: Personal Best Challenges

How many times can you skip in 30 seconds? Try out different ways e.g. 1 leg, both legs, side swing, 180 turn.

Balance on one leg for as long as you can. Close your eyes or try and squat to make it



Place different objects on the floor at a distance away from you. Using rolled up socks try and hit the targets. Move further away or use your non-dominant hand to throw

How many rolled up socks can you get into a basket/bucket/saucepan in 60 seconds? Change the distance or angle.

How many star jumps can you do in 60 seconds?



How many keepy uppies can you do in 60 seconds? Use any ball/racket/saucepan. Can you move around the room?

How many obstacles can you run around or jump over in 60 seconds? Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.

How many times can you throw a ball up, clap once and catch it in 60 seconds? The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

## 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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