



Physical Education Bingo

 Be active for at least 60mins every day!

B I N G O

 20 Jumping Jacks	 20 High Knees	 10 Toe Touches	 20 Butt Kicks	 20 Squats
 40seconds Plank	 20 Mountain Climbers	 20 High Jumps	 1 minute Dancing	 GORILLA CRAWL 20seconds Gorilla Crawl
 FROG JUMPS 15 Frog Jumps	 ELEPHANT STOMPS 20 Elephant Stomps	<i>Free</i>	 15 Sit ups	 1 minute Meditation
 1 minute Jump rope	 CRAB WALK 20 seconds Crab Walk	 STARFISH JUMPS 10 Starfish Jumps	 20 Lunges	 BEAR CRAWL 20 seconds Bear Crawl
 20 High Kicks	 30s each side Tree pose	 30 seconds V-sit Hold	 1 minute Wall Sit	 CHEETAH RUN 30seconds Cheetah run

Go Dragons!