



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	 20 Shoulder taps
 10 Burpees	 10 Knee Push ups	<i>1 Good Deed</i>	 15 Sit ups	 1 minute Meditation
 1 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	 30seconds Running on spot

Go Dragons!