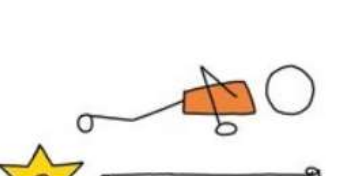

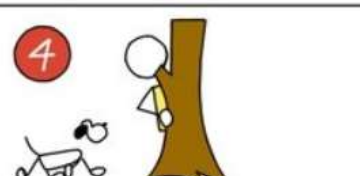

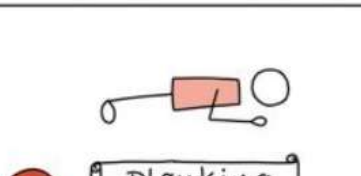



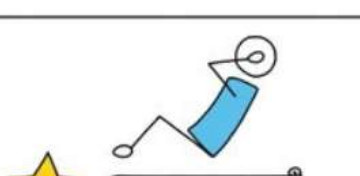


 <p>1 10 laps of house/garden</p>	 <p>2 30 push ups</p>	 <p>3 Jump an obstacle 40 times</p>
 <p>4 Play hide and seek</p>	 <p>5 50 star jumps</p>	 <p>6 Planking</p>
 <p>7 Perform a dance routine</p>	 <p>8 Around the world 25 times</p>	 <p>9 40 standing jumps</p>
 <p>10 30 sit ups</p>	 <p>11 Hit a target 10 times</p>	 <p>12 Skip for 2 minutes</p>

## ACHIEVEMENTS

### Bronze

Complete any 3 activities



### Silver

Complete a horizontal or vertical line



### Gold

Complete all the activities

★ Can you complete the star activities in less than 60 seconds?



YOUTH  
SPORT  
TRUST

@clcsimon

# ACTIVITY BINGO

[teachwithict.com/homefitness](https://teachwithict.com/homefitness)