

WEEK 4

HAMPSHIRE SCHOOL GAMES MARK MAY

WEEKLY WARM UP: Bingo

How to play:

Once you complete a physical activity tick it off
Can you complete the activities in green squares in less than 60 seconds?

If you are finding some of the activities hard change them or have a rest and continue.

When performing the activities make sure that you are honest.

Jump up and down in a space 40 times

Play musical statues

Ride a bike or a scooter

Balance on a part of your body for 60 seconds

Jump or move over a pillow 40 times

Play hide and seek

Hop, jump or stand on the spot for 60 seconds

Balance in a plank position

Pass a ball around your waist or head 25 times

Balance an object on your head

Keep a balloon in the air for 60 seconds

Perform 50 star jumps

Complete 20 shuttles (Walking, running or moving)

Skip or move for 2 minutes

Roll a ball across a table 10 times

Perform 40 of the same type of jumps

Create and complete an obstacle course

Throw or roll an object into a target 10 times in a row

Dribble a ball in and out of objects

Perform 40 squat jumps/sit fowards

Throw or roll a ball against a wall or with a sibling

Move and complete 10 laps of your house or garden

Perform 40 jumps

Play a new game with a sibling or parent or carer

Perform 30 push ups

Perform dance movements

Perform a short fitness workout

Perform 30 sit ups or lean forwards

Perform a gymnastics routine

Invent and play a new game



Achieve Gold -

Complete all the activities on the card



Achieve Silver -

Complete a horizontal or vertical line of activities



Achieve Bronze -

Complete one activity from each line

