

MOVEMENT MONDAY













Fitness Bingo



Foundation

This week our movement Monday game is BINGO.

Below is our fitness bingo card. Cross off each activity as you complete it. You can complete the card all in one go, or do the activities at different times throughout the day.

 10-step crab walk	 20 hops (each leg)	 10 toe touches	 40 arm circles
 50 marches	 40 high knees	 20 star jumps	 10 full body rock, paper, scissors
 10 tall stretches	 5 press-ups	 15 frog jumps	 40-step heel walk

Top tip:

Did you know that 30 minutes of physical activity per day stimulates chemicals in your brain to leave you feeling happier and more relaxed?

LET THEM PLAY