

MOVEMENT MONDAY

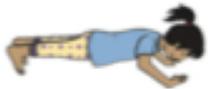
Fitness Bingo



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.

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

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