

PARK SPORT BINGO

5 tuck jumps	10 karate kicks	10 tricep dips	Balance on one leg for 30 seconds, whilst throwing and catching a ball	10 burpees
10 star jumps	10 toe touches	10 press ups	30 seconds of high knees	10 ab crunches
30 seconds	10 punches	20 shoulder shrugs	30 second plank	Army crawl for 20 seconds
10 laps of the garden/lounge	30 second wall sit	15 mountain climbers	20 arm rotations	10 squats
Balance on a part of your body for 30 seconds	Dribble a ball in and out of objects	10 neck rotations	Crab walk up and down your lounge 3 times	10 lunges

INSTRUCTIONS:

Once you complete a physical activity box, tick it off. Once you have completed a line, shout "BINGO!" Following that it is a race to complete the whole grid!

Compete against your friends and family in a park or at home.

