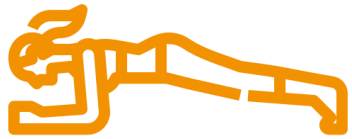


# Active Schools Bingo

Weekly theme: Fitness



Plank  
for 30 seconds

High Knees for 30  
seconds

Squat for 30 seconds  
or 20 reps

Jog on the spot/  
around the room for  
45 seconds

Burpees for 30  
seconds or 10 reps



Lunges for  
30 seconds  
on each leg  
or 10 reps  
per leg



## How to play:

Tick off each activity as you complete it. Once you have completed all six, if you [email us](#) with your name, year group and school we will send you a certificate.

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