


Print off

Create a game in the garden	Play hide and seek	Do star jumps for 2 minutes	Write your own story	Have a game of tennis	Recreate a famous sporting moment	Do speed bounce for 1 minute
Play living room seated volleyball with a balloon	Play hide and seek	Take part in a Joe Wicks video	Play throw and catch with your neighbour over the garden fence	Read a book	Do 1 min of bicep curls with a tin of beans	Go for a walk
Balance 3 things on 3 different parts of your body	Have a game of football	Go bug hunting in the garden	Do one minute of step ups	Make a den	Make a 5 min film	Have a water fight (OUTSIDE!)
Throw and catch against a wall for 2 mins	Read a book	Balance on 3 parts of your body for 2 mins		Go for a run	Wash car/ windows	Play hide and seek
Skip for 2 mins	Make a den	Have a game of cricket	Do 20 wall press ups	Do some gardening	Dance to a song from start to finish	Do an Olympic sport
Throw a ball into a bucket taking a step back every time you get it in	Make a bird feeder	Go on a bike/ scooter ride	Throw and catch against a wall for 2 mins	Hoola hoop for 1 minute	Make and play hop scotch	Play musical statues
Stand on one foot for 2 mins	How many balloons can you keep up without them touching the floor	Pop a balloon using a part of your body	Read a book	Create an obstacle course	Take part in a Joe Wicks video	Walk up and down the stairs 10 times

Once you have completed a square you can cross it off

You can get any line (top to bottom/ left to right or diagonal)

The Points Learning Network center square gives you the power to choose your own activity

Please ask an adult to take a pick of your bingo card when you have got a line and post it on twitter and add @PointsLN in your tweet!

DONT CHEAT!!