

# HEALTH AND FITNESS ACTIVITIES 2.0

## HEALTH AND FITNESS BINGO 2.0

Try and complete the entire sheet

complete some mindfulness colouring for an hour	Challenge a family member #situps	Complete a 20 minute yoga session using YouTube	Play outside for 30 minutes	Find a hill close by and complete 5 sprints up and down	Find a bench and complete 20 tricep dips	Find a ball and throw it against the wall 50 times. Try and avoid letting it hit the ground
Complete 15 burpees	Complete 30 frog jumps	Challenge a friend #push ups	Drink 8 glasses of water in one day	Wash your parents car	Complete 50 bicycles	Go for a walk outside with the people in your household
Plant a tree in your garden	Bike ride for a full hour	Complete a 20 minute ab session using YouTube	Make lunch for a family member	Complete 50 star jumps	Turn your phone off for an entire day	Create your own 20-minute circuit and complete it with a family member
complete 1 mindfulness session using the smiling mind app	Complete 30 crunches	Read an entire book	Run 2km without stopping	Start and complete a puzzle	Complete 30 flutter kicks	practice drawing something of your interest

## WORKOUT

### A is for Apple

Complete both your and your family members name!. If you can't find complete your own full name (middle name too!)

on an interval of 40 seconds on, 20 seconds rest

- M- burpees
- N- hopping on one leg
- O- skipping with skipping rope
- P- Step up and down on a bench
- Q- star jumps
- R- squats
- S- lunges
- T- jump squats
- U- sit ups
- V- push ups (on toes or knees)
- W- high knees
- X- burpees
- Y- wall sit
- Z- lunges

- H- Crab walk
- I- step ups
- J- run around the basketball court
- K- star jumps
- L- the plank

# HEALTH AND FITNESS BINGO 2.0

Try and complete the entire sheet

complete some mindfulness colouring for an hour	Challenge a family member #situps	Complete a 20 minute yoga session using YouTube	Play outside for 30 minutes	Find a hill close by and complete 5 sprints up and down	Find a bench and complete 20 tricep dips	Find a ball and throw it against the wall 50 times. Try and avoid letting it hit the ground
Complete 15 burpees	Complete 30 frog jumps	Challenge a friend #push ups	Drink 8 glasses of water in one day	Wash your parents car	Complete 50 bicycles	Go for a walk outside with the people in your household
Plant a tree in your garden	Bike ride for a full hour	Complete a 20 minute ab session using YouTube	Make lunch for a family member	Complete 50 star jumps	Turn your phone off for an entire day	Create your own 20-minute circuit and complete it with a family member
complete 1 mindfulness session using the smiling mind app	Complete 30 crunches	Read an entire book	Run 2km without stopping	Start and complete a puzzle	Complete 30 flutter kicks	practice drawing something of your interest

# WORKOUT

## A is for Apple

Find a family member! Complete both your and your family members name!. If you can't find anyone, complete your own full name (middle name too!)

Complete them on an interval of 40 seconds on, 20 seconds rest

**A –squats**

**B- star jumps**

**C- sit ups**

**D- push ups**

**E- burpees**

**F- wall sit**

**G- crunches**

**H- Crab walk**

**I- step ups**

**J- run around the  
basketball court**

**K- star jumps**

**L- the plank**

**M- burpees**

**N- hopping on one leg**

**O- skipping with skipping rope**

**P- Step up and down on a bench**

**Q- star jumps**

**R- squats**

**S- lunges**

**T- jump squats**

**U- sit ups**

**V- push ups (on toes or knees)**

**W- high knees**

**X- burpees**

**Y- wall sit**

**Z- lunges**