

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

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| 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

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R- squats

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