

WR Sports PE Fitness Bingo

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You will need a Pen and Paper!

You will need a Bingo Master!

1. Below are bingo- style sheets you can use for this game!
2. Fill in the blank squares of the fitness bingo sheet with exercises in multiples of 10 and 5
3. Give each player a Fitness Bingo sheet and a pen to mark off which activities they complete as the leader calls them out.
4. The first person to call out "Fitness Bingo!" when they've marked off all their squares gets to be the leader of the next round.

Here is an example of what yours could look like!

If you don't have a Bingo Master you could put copies of the exercises in a hat and pull them out!

10 Push Ups	5 Squats	10 Star Jumps	5 spotty dogs
5 arm circles	10 knees up	5 Push ups	10 line jumps
10 second plank	5 Sit Ups	10 second sprint	5 knees to chest jumps
5 stand up sit down	10 heels to bums	5 shuttle runs	10 mountain climbs