

B	I	N	G	O
Team 2 passing TD	10 Burpees	5 Left foot Keepie ups while hoping on right foot	Team 1 Fumble Lost	Left leg plank 1 minute
40 Keepie ups	Team 2 Fumble Lost	Right leg plank 1 minute	10 Keepie ups against a wall	Team 2 3rd down conversion
10 Star Jumps	Film an around the world	FREE	Film favourite fortnite dance	Team 1 timeout
Kill the ball first touch out of the air	Team 1 Field Goal	Balance on left foot touch floor	Plank for 2 minutes	5 right foot Keepie ups hoping on left foot
10 left foot Keepie ups	20 Press ups	Post Video of favourite dad joke	40 toe taps in 30 seconds	Sack by Team 2

B	I	N	G	O
Team 2 timeout	Team 1 passing TD	Team 1 Field Goal	Right leg plank 1 minute	Team 1 timeout
10 left foot Keepie ups	20 Press ups	Sack by Team 2	Plank for 2 minutes	40 Keepie ups
Post Video of favourite dad joke	10 Keepie ups against a wall	FREE	Film an around the world	10 Burpees
Left leg plank 1 minute	Team 2 passing TD	Tie game after 0-0	40 toe taps in 30 seconds	10 Star Jumps
Team 1 Fumble Lost	5 Headed Keepie ups	Film favourite fortnite dance	5 Left foot Keepie ups while hoping on right foot	Balance on left foot touch floor

B	I	N	G	O
Post Video of favourite dad joke	40 Keepie ups	Team 1 Field Goal	Sack by Team 2	5 Headed Keepie ups
10 Keepie ups against a wall	Tie game after 0-0	5 Left foot Keepie ups while hoping on right foot	Team 2 timeout	Team 2 completed pass
40 toe taps in 30 seconds	Team 1 timeout	FREE	Kill the ball first touch out of the air	Team 1 Fumble Lost
10 Burpees	20 Press ups	Plank for 2 minutes	Film favourite fortnite dance	Balance the ball on your head for 10 Seconds
Team 2 passing TD	10 Star Jumps	Team 2 3rd down conversion	10 left foot Keepie ups	Team 2 Fumble Lost