

B	I	N	G	O
Team 2 passing TD	10 Burpees	5 Keepie Ups both feet both knees and one header	Right leg plank 1 minute	Film an around the world
40 Keepie ups	Team 1 timeout	Left leg plank 1 minute	10 Keepie ups against a wall	Team 1 passing TD
10 Star Jumps	Balance the ball on your head for 10 Seconds	FREE	Balance the ball on your left foot for 5 seconds	Team 1 Fumble Lost
Balance the ball on your right foot for 5 seconds	Post Video of favourite dad joke	5 right foot Keepie ups hoping on left foot	Film favourite fortnite dance	5 Left foot Keepie ups while hoping on right foot
10 left foot Keepie ups	20 Press ups	Kill the ball first touch out of the air	40 toe taps in 30 seconds	Plank for 2 minutes

B	I	N	G	O
Team 2 timeout	Team 1 Field Goal	Post Video of favourite dad joke	Left leg plank 1 minute	Team 1 Fumble Lost
10 left foot Keepie ups	20 Press ups	Plank for 2 minutes	Film favourite fortnite dance	40 Keepie ups
Kill the ball first touch out of the air	10 Keepie ups against a wall	FREE	Balance the ball on your head for 10 Seconds	10 Burpees
Film an around the world	Team 2 passing TD	Tie game after 0-0	40 toe taps in 30 seconds	10 Star Jumps
Right leg plank 1 minute	5 Headed Keepie ups	Balance the ball on your left foot for 5 seconds	5 Keepie Ups both feet both knees and one header	5 right foot Keepie ups hoping on left foot

B	I	N	G	O
Kill the ball first touch out of the air	40 Keepie ups	Post Video of favourite dad joke	Plank for 2 minutes	5 Headed Keepie ups
10 Keepie ups against a wall	Tie game after 0-0	5 Keepie Ups both feet both knees and one header	Team 2 timeout	Team 2 Fumble Lost
40 toe taps in 30 seconds	Team 1 Fumble Lost	FREE	Balance the ball on your right foot for 5 seconds	Right leg plank 1 minute
10 Burpees	20 Press ups	Film favourite fortnite dance	Balance the ball on your left foot for 5 seconds	Balance on left foot bend down and touch the floor and come back up
Team 2 passing TD	10 Star Jumps	Team 1 passing TD	10 left foot Keepie ups	Team 1 timeout