

B	I	N	G	O
Practise swinging-mix your grip!	100 skips with a rope	Create a 5min workout	Make an obstacle course	Hang on something for 10-30sec
Climb 100 steps	Practise splits	Hold front support as long as possible	Balance on 1 foot with a book on head	Lunge walk around your house
Play a game of twister	Push to bridge position x5	FREE	Candle to straight jump x10	Find something to balance on forward backward & sideways.
Go for a run	Partner wall sit & throw ball-how long!	Handstand practise-5min	Do a skill with the first letter of your name	Hang-30sec
Do 5 star jumps in each room	Cartwheel various ways - outside	Jump on a tramp-5min	Teach a family member a skill	Complete some stretches

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Push to bridge position x5	Balance on 1 foot with a book on head	Make an obstacle course	Climb 100 steps	Hold front support as long as possible
Create a 5min workout	Teach a family member a skill	Hang on something for 10-30sec	Cartwheel various ways - outside	Lunge walk around your house
Go for a run	Candle to straight jump x10	FREE	Find something to balance on forward backward & sideways.	100 skips with a rope
Do a skill with the first letter of your name	Jump on a tramp- 5min	Practise swinging- mix your grip!	Complete some stretches	Partner wall sit & throw ball- how long!
Handstand practise- 5min	Hang- 30sec	Play a game of twister	Practise splits	Do 5 star jumps in each room

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Cartwheel various ways - outside	Jump on a tramp-5min	Balance on 1 foot with a book on head	Hang-30sec	Candle to straight jump x10
Practise swinging-mix your grip!	Go for a run	Handstand practise-5min	Practise splits	Hang on something for 10-30sec
Play a game of twister	Complete some stretches	FREE	Partner wall sit & throw ball-how long!	Do a skill with the first letter of your name
Push to bridge position x5	Lunge walk around your house	Make an obstacle course	Teach a family member a skill	Create a 5min workout
Find something to balance on forward backward & sideways.	100 skips with a rope	Hold front support as long as possible	Climb 100 steps	Do 5 star jumps in each room