

Physical Activity

Bing

Physical Activity for
the Whole Family

#StayHomeStayActive



YOUTH
SPORT
TRUST



Partnering in
activity with
K.C.S.

Jump up and
down in a
space 40
times

Play musical
statures

Ride a bike,
scooter

Balance on a
part of your
body for 60
seconds

Jump or
Move over a
pillow
40 times

Play hide
and seek

Hop, jump
or stand on
the spot for
60 seconds

Balance in
a plank
position

Pass a ball
around your
waist or head
25 times

Balance an
object on
your head

Keep a
balloon in
the air for 60
seconds

Perform 50
star jumps

Complete 20
shuttles
(running, walking
or moving)

Skip or
Move for 2
minutes

Roll a
ball across a
table 10 times

Perform
40 of the
same type of
jumps

Create and
complete an
obstacle
course

Throw or roll
an object into
a target 10
times in a row

Dribble a
ball in and out
of objects

Perform
40 squat
jumps / sit
forwards

Throw or roll
a ball against
a wall or with a
sibling

Move and
complete 10
laps of your
house or
garden

Perform
40 jumps

Play a new
game with a
sibling,
parent or
carer

Perform 30
push ups

Perform
dance
movements

Perform a
short fitness
workout

Perform 30
sit ups or
lean forwards

Perform a
gymnastics
routine

Invent and
play a new
game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are honest.

Achieve Gold

Complete all the activities
on the card



Achieve Silver

Complete a horizontal or
vertical line of activities



Achieve Bronze

Complete one activity
from each line



Foundation/Prep Remote Learning PE Week 7 – Bingo!

Tick off as many of the activities as you can, this may take more than one week!

In addition to our 'no tech' Bingo sheet, many more activities are being posted on my PE page of the school website. I am adding more things each week as added support to those who might require it, especially when stuck in doors due to wet weather.

Don't forget to email pictures of what Term 3 RL PE looks like at your house so I can add them to the PE Gallery on the website!

Rachael.feely@education.vic.gov.au

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