



# REMOTE LEARNING PE - WEEK 5

DON'T FORGET, MORE CHALLENGES, VIDEOS AND LINKS WILL BE ADDED TO THE PE PAGE OF OUR SCHOOL WEBSITE DURING EACH WEEK.

# FITNESS BINGO

- ▶ Get your child to cut out the activity cards, keep the game board in tact though!
- ▶ Turn over an activity card, complete the task and continue to play until you have completed a line of four activities in a row vertically, horizontally or diagonally.



**BINGO!**



# FITNESS BINGO



15 Skier Jumps



15 Crab Push-Ups



5 Tuck Jumps



12 Neck Rotations



10 Toe Touches



8 Star Jumps



8 Push-Ups



Run in Place- 10



12 Scissor Steps



15 Tramp Bounces



15 Arm Punches



March in Place- 10



15 Mountain Climbers



Wall Sit- 15



Butterfly Stretches- 15



10 Half Turn Jumps



10 Jumping Jacks



20 Shoulder Shrugs



Skip in a Circle 5 Times



10 Curl Ups



8 Lunges



20 Arm Rotations



Dance in Place- 10



10 Quad Stretches



7 Burpees



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# WHAT'S YOUR NAME?

- ▶ Once you've had fun spelling your first name, you can try your surname, your pet's name, your weekly spelling words...the options are endless!

# ☆ FUN FITNESS FOR KIDS! ☆

## WHAT'S YOUR NAME?

Spell out your full name and do the activities for each letter! Get creative and spell out your friends names too!

\*Consult your doctor before starting any new exercise

**A** 16 Jumping Jacks

**B** 2 Minute Jump Rope

**C** 20 Arm Circles

**D** 15 High Knees

**E** 10 Pushups

**F** 12 Squats

**G** 10 Frog Hops

**H** 2 Minute Jog in Place

**I** Hop on One Foot 5 Times

**J** Crawl like a Crab for 10 Counts

**K** 3 Somersaults

**L** Bend Down & Touch Toes 20 Times

**M** 3 Cartwheels

**N** 15 Side Way Lunges

**O** 10 Jump Squats

**P** Balance on Right Foot for 15 Counts

**Q** 20 High Knees

**R** 15 Frog Hops

**S** 20 Jumping Jacks

**T** Toy Slider March for 15 Counts

**U** 30 Arm Circles

**V** 8 Pushups

**W** 1 Minute Jog in Place

**X** Try Touch the Clouds for 10 Counts

**Y** Balance on Left Foot for 15 Counts

**Z** 1 Minute Jog in Place