

Get 1 children's
university credit

enrich
Education

Active Bingo

In this activity we are using an old family favourite 'BINGO' to get everyone active!

Simply download our activity bingo sheet give each participant one of the active bingo cards with a number of random actions.

Then start calling out the numbers from 1 to 16 if you have a number perform the action and mark it off on your card!

First person to complete the actions on their card is the winner

What you will need?

Pen or Pencil

Enrich Education Active Bingo worksheet

How do I gain credits for this Children's University activity?

Simply take part in the activity and evidence your wonderful work. Make a note of the special 'Activity Stamp Code' at the bottom of this page and take it into school. If you have a Passport to Learning call the Activity '*Enrich Education Online*' and write down the activity code in the '*Stamp of Approval*' section.



Activity Stamp Code :
yellow8797



Activity Bingo Numbers

1

10 x Star Jumps

2

10 x Push Ups

3

10 x Squats

4

20 seconds
sprint on spot

5

10 x Sit Ups

6

20 seconds High
Knees

7

10 x Bunny Hops

8

10 x Forward
Lunge

9

20 seconds heel
Kicks

10

10 second plank

11

10 x Karate Kicks

12

10 x Right Leg hop

13

10 x Left Leg hop

11

10 second bear
crawl

12

10 x Frog Jumps

Activity Bingo cards

1

10 x Star Jumps

5

10 x Sit Ups

12

10 x Right Leg hop

7

10 x Bunny Hops

15

10 second bear
crawl

4

20 seconds
sprint on spot

16

10 x Frog Jumps

6

20 seconds High
knees

3

10 x Squats

10

10 second plank

14

10 x Left Leg hop

2

10 x Push Ups

9

20 seconds heel
kicks

11

10 x Karate Kicks

8

10 x Forward
Lunge