

Half Term Autumn Bingo

PE...

Can you complete and cross off all the activities below to win a prize?

Do 20 star jumps every day when you get out of bed in a morning.



Go for a 2 mile walk with an adult family member.



Play a game of witch hat tig with a family member for at least 20 minutes - Run after the witch and try and take their hat off, then swap over.

Why doesn't the witch use a broom to ride?

Do 20 tuck jumps before you have your lunch each day.



Complete 20 chest passes with a family member on 3 days over the holiday!



Can you complete 20 squats on 2 days whilst holding a pumpkin?



Apple bobbing and throwing! Time yourself!

Bob for apples in a bowl of water and then see if you can throw the apples into a bucket at least 5 meters away.

Play a game of football with someone from your family. See how many goals you can score!



Go for a walk with an adult family member and collect some conkers.

