

## Activity Bingo

6 things to try out to keep active - (if you have a dice you could roll it and see what number it lands on for each day)

1. Practice <b>skipping</b> How long can you skip?	2. PE with <b>The Body Coach</b>	3. Create your own <b>dance</b> and perform in front of your family
4. <b>Family walk</b> within 2km	5. <b>Toilet rolls keep uppies</b> (using feet or hands)	6. Do <b>30 jumping jacks</b>