

## Activity Bingo - 18/05/20

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)

<p><b>1. Throw and Catch</b> a ball with a partner. <i>(Try throwing with the left and catching with right and vice versa)</i></p>	<p><b>2. Family walk or Cycle</b> within 5km</p>	<p><b>3. Do 10 @ 10</b> (can be 10 of any exercise of your choosing)</p>
<p><b>4. Practice kicking a ball</b> with both feet <i>(If you have a target you could try kicking towards it)</i></p>	<p><b>5. Just Dance</b> for children (available on YouTube)</p>	<p><b>6. Fitness alphabet.</b> Make up your own exercise for each letter &amp; spell your name or see Google for ideas</p>