



Can you complete a line from top to bottom? A line across? A full house?

Share what you do with us on facebook @sedgefieldssp

Bingo Activity Key:

- ☐ PHYSICAL ACTIVITY
- ☐ CREATIVE CHALLENGE
- ☐ RESEARCHING TASK

Enjoy whatever you choose to try. Please remember to stay safe, follow social distancing advice when you play and listen to the adults who are taking good care of you.



Create your own team mascot – draw it, paint it, make it!	Set yourself a list of daily 5 minute challenges and a place to record your scores – can you improve?	Find out about the sports clubs near your home and school. Make an advert or a poster.	Set up the most creative obstacle course you can design!	What can you use to make a set of goals and how many different games can you use them in?
Choreograph your own Olympic Opening Ceremony dance. 	Can you juggle? What can you juggle with?	 Try Yoga – find our friend Yoga Mike online and give it a go.	Create an A to Z of Olympic sports, in your family, how many have you tried – how many would you all like to try?	Make a PE Promotion Poster to put up on your school noticeboard.
Look at past Olympic posters through history and create your own for 2020.	Hula hoop for as long as you can – then beat your own record. 	Try one of the Sedgefield SSP Fit For Life workouts on line and encourage someone else to join you 	Can you recreate your most favourite famous sporting moment and film it?	Make a hoopla game with objects from your kitchen – remember a scoring system!
Improve your skipping skills and teach them to somebody else	Create a Zumba routine to your favourite song	Can you hopscotch? Find out how to play – can you make up some new variations?	Make up a new game without any equipment to play in your school playground	Find out about the effect healthy eating has on sports players – can you present the facts in a fun way? 
Make some pompoms and create a cheerleading routine	Play two-baller against a wall, can you find some of the rhymes to sing? 	Create your own Olympic torch and pass it in a relay around your family	Can you do 'keepy ups' with a toilet roll? What's your best score?! 	Draw around your hand or foot – turn the outline into a sporty picture!