

FITNESS BINGO



GET ACTIVE



15 MINUTES



PREPARATION
NEEDED

AIM

It's time to get active and moving with a focus on getting fit. With this 'Fitness Bingo' activity children will be able to combine some exercise movements with a fun game of bingo. Who will be first to get a full house?

WHAT YOU'LL NEED

- Fitness Bingo Cards
- Pens / Pencils

GET ACTIVE: FITNESS BINGO

THEME: KEEPING FIT



LEADER PREPARATION


A leader will need to download and print the Fitness Bingo Cards. You'll ideally need a bingo card for each child / pair of children. A leader will also need to print the calling cards sheet and cut these into their 20 separate exercises. Place these into a bowl.



Download Fitness Bingo Cards



GETTING INTO THE ACTIVITY

- 1  Download and print the 'Fitness Bingo' sheets. Ideally each child / pair of children need a bingo sheet and a pen.
- 2 Spread the group so they have plenty of space.
- 3 Explain that you are first looking for a 'line'. This is someone who gets four exercises crossed off in a horizontal line.
- 4 One by one, pull out a calling card from the bowl. Read out the exercise and everyone in the room (whether they have that exercise on their card or not) should complete the exercise. Those with that action on their bingo card should then cross it off their sheet.
- 5 Some exercises will require children to use their imagination and pretend to complete actions such as rowing, swimming, hula hooping, boxing etc. Some of the exercises may be known to the children but others might not. Leaders may therefore need to demonstrate each action as you go through the activity, so everyone knows what they are doing.
- 6 Continue doing this until someone has a line. Congratulate them and then carry the game on to find the first person to complete two lines. Finally continue until someone crosses all the exercises off their bingo card and gets a 'full house'.



DID YOU KNOW?

- Children aged 5-18 should aim to do **1 hour** of moderate exercise a day.
- Exercises can include **playing football, skateboarding, walking the dog, trampolining** and much more!
- Exercise helps to keep you **fit and healthy** as well as **boosts your mood**, making you happier too.



IDEAS TO TAKE THIS FURTHER...

Expand on the fitness theme by doing some more fitness activities, looking at healthy eating or exploring the benefits of being fit and healthy.



KEEPING EVERYONE SAFE

Complete a quick warm up with the group before this activity. Encourage everyone to complete the activity in a way that matches their fitness level.





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FITNESS BINGO

 20 Star Jumps	 30 Seconds Jogging	 15 Seconds Sprinting	 10 Burpees
 20 High Knees	 15 Sit Ups	 20 Squats	 10 Press Ups
 20 Lunges	 20 Seconds Rowing	 15 Seconds Skipping	 30 Seconds Side Jumps
 30 Seconds Dancing	 20 Seconds Boxing	 20 Seconds Stretching	 15 Seconds Plank

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FITNESS BINGO

 20 Seconds Rowing	 15 Seconds Plank	 15 Seconds Skipping	 20 Star Jumps
 30 Seconds Side Jumps	 20 High Knees	 20 Seconds Boxing	 20 Seconds Swimming
 20 Lunges	 15 Seconds Hula Hooping	 20 Seconds Walking	 20 Seconds Stretching
 10 Press Ups	 15 Seconds Sprinting	 15 Seconds Weightlifting	 10 Burpees

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FITNESS BINGO

 20 Squats	 30 Seconds Jogging	 20 High Knees	 10 Press Ups
 15 Seconds Skipping	 20 Star Jumps	 30 Seconds Side Jumps	 15 Seconds Plank
 15 Seconds Sprinting	 30 Seconds Dancing	 20 Seconds Swimming	 20 Lunges
 20 Seconds Rowing	 20 Seconds Stretching	 15 Seconds Hula Hooping	 15 Sit Ups

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FITNESS BINGO

 20 Seconds Boxing	 20 Star Jumps	 20 Seconds Rowing	 15 Seconds Skipping
 15 Seconds Plank	 15 Sit Ups	 30 Seconds Dancing	 30 Seconds Side Jumps
 20 Seconds Stretching	 20 High Knees	 20 Seconds Walking	 30 Seconds Jogging
 15 Seconds Sprinting	 15 Seconds Hula Hooping	 10 Press Ups	 20 Seconds Swimming

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FITNESS BINGO

 20 Squats	 20 Seconds Stretching	 15 Seconds Sprinting	 30 Seconds Dancing
 20 Seconds Walking	 20 Seconds Rowing	 30 Seconds Jogging	 20 Seconds Boxing
 20 Star Jumps	 15 Seconds Skipping	 15 Seconds Weightlifting	 20 Seconds Swimming
 20 Lunges	 15 Seconds Hula Hooping	 15 Sit Ups	 20 High Knees

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FITNESS BINGO

 20 Squats	 15 Seconds Weightlifting	 20 Seconds Boxing	 20 High Knees
 30 Seconds Jogging	 30 Seconds Side Jumps	 15 Sit Ups	 20 Lunges
 20 Seconds Walking	 15 Seconds Plank	 15 Seconds Skipping	 20 Seconds Rowing
 15 Seconds Sprinting	 20 Seconds Stretching	 20 Star Jumps	 30 Seconds Dancing

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 10 Press Ups	 20 Star Jumps	 20 Seconds Swimming	 20 Seconds Walking
 20 Squats	 15 Seconds Skipping	 15 Seconds Sprinting	 20 Seconds Stretching
 20 Lunges	 30 Seconds Side Jumps	 20 Seconds Boxing	 30 Seconds Jogging
 15 Sit Ups	 20 High Knees	 15 Seconds Weightlifting	 10 Burpees

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FITNESS BINGO

 15 Seconds Skipping	 20 Squats	 20 Seconds Stretching	 30 Seconds Dancing
 20 Star Jumps	 15 Seconds Hula Hooping	 20 Seconds Rowing	 20 Seconds Swimming
 20 High Knees	 15 Sit Ups	 10 Press Ups	 15 Seconds Weightlifting
 15 Seconds Sprinting	 20 Lunges	 30 Seconds Jogging	 20 Seconds Boxing

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FITNESS BINGO

			
15 Seconds Plank	20 Seconds Stretching	15 Seconds Hula Hooping	15 Seconds Sprinting
			
20 Seconds Boxing	20 Squats	30 Seconds Jogging	15 Seconds Weightlifting
			
10 Press Ups	20 Seconds Walking	30 Seconds Side Jumps	20 Lunges
			
30 Seconds Dancing	15 Sit Ups	20 Seconds Rowing	10 Burpees

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FITNESS BINGO

			
15 Seconds Sprinting	20 Star Jumps	15 Seconds Hula Hooping	30 Seconds Dancing
			
15 Seconds Plank	30 Seconds Side Jumps	10 Burpees	20 Seconds Stretching
			
15 Seconds Weightlifting	30 Seconds Jogging	15 Seconds Skipping	15 Sit Ups
			
20 Seconds Swimming	20 Lunges	10 Press Ups	20 Seconds Walking

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FITNESS BINGO

			
15 Sit Ups	10 Burpees	15 Seconds Weightlifting	20 Seconds Swimming
			
10 Press Ups	20 Seconds Walking	20 Star Jumps	30 Seconds Jogging
			
20 Squats	15 Seconds Plank	20 Seconds Rowing	15 Seconds Hula Hooping
			
30 Seconds Dancing	20 Seconds Boxing	20 High Knees	30 Seconds Side Jumps

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FITNESS BINGO

			
20 Seconds Rowing	20 Lunges	20 Seconds Stretching	20 Seconds Walking
			
15 Seconds Sprinting	20 Seconds Swimming	20 Seconds Boxing	20 Star Jumps
			
30 Seconds Side Jumps	20 Squats	15 Seconds Plank	10 Press Ups
			
15 Seconds Skipping	20 High Knees	15 Sit Ups	30 Seconds Jogging

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