

Active Schools Bingo

Weekly theme: Active Breaks



Jump Start
Jonny video



BBC
Supermovers video



Stretch – use the
Deskercise
exercises



Spin around three times,
touch the floor
then the ceiling



Simon says



When writing, after each
paragraph, get up and walk
around the room



How to play:

Tick off each activity as you complete it. Once you have completed all six, if you **email** us with your name, year group and school we will send you a certificate.

Follow us on:



[@ActiveSchoolsAS](https://twitter.com/ActiveSchoolsAS)