

Health & Fitness Bingo

Instructions

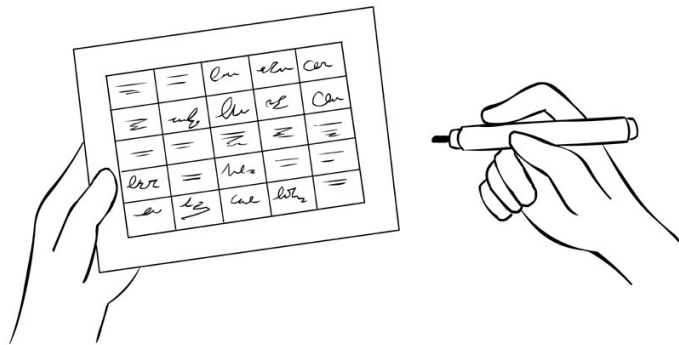
The Bingo sheet featured on the next page is designed to promote health and fitness activities, perhaps as part of a physical education lesson.

The page has been formatted so that you can easily print the sheet onto paper or card, to distribute to each person in your group.

Armed with a pen, ask each person to find someone who can match or perform the prescribed criteria in each square to add their signature inside the box.

The first person to complete five squares in a row (up, down or diagonal), or complete all 25 squares, wins.

Have FUNN.



Instructions

Seek the signature of someone who matches the criteria for one of the 25 squares below. Where possible, ask the person to perform the prescribed task.

Aim to fill in as many of the squares as possible in the time allotted.

I can do five push-ups	I can teach you a dance step	I can swim at least 100 metres	I coach a local sports team	I know exactly how much I weigh
I adhere to a specific diet	I can do ten star-jumps	I eat at least five serves of fruit & vegetables everyday	I can touch my big toe to my nose	I own more than three pairs of athletic shoes
I exercise at least five times a week	I can ride a bicycle	I have participated in a half or full marathon	I drink at least 2 litres of water every day	I can balance on one foot for one minute
My resting heart-rate is less than 60bpm	I can do five sit-ups in less than 20 seconds	I can leap-frog over you three times	I participate in a competitive sport	I can hold a yoga balance pose for 15 seconds
I can touch the floor without bending my knees	I regularly attend a fitness class or gymnasium	I exercise once or twice a week	I can name three muscles in my body	I have competed in a state or national athletic event