

Oxfordshire School Games

BINGO GRID 1

Pick an activity to complete each day from the grid below - can you complete a line over the next two weeks? How about two activities a day for a Full House?!

C4L Shake Up Pumbaa's Hippo Hops https://www.nhs.uk/10-minute-shake-up/shake-ups/	Sit in your garden or your local park for 10 minutes - how many different birds can you count?	Cricket - Chance to Shine Cool Catcher https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak	Collect 200 Street Tag points for your school, or create your own team if your school isn't signed up. https://streettag.co.uk/	Tennis Switch Catch https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/#
Volleyball Sitting Volleyball https://yourschoolgames.com/back-to-school-games	Active Kids Do Better Ping Towel Pong https://www.activekidsdobetter.co.uk/active-home	C4L Shake Up Cinderella's Pumpkin Race https://www.nhs.uk/10-minute-shake-up/shake-ups/	Comic Kids Yoga Sonic the Hedgehog Adventure https://www.youtube.com/watch?v=QM8NjCfOg0	Wash your family car, bikes or scooters.
Try something new for breakfast - there are lots of ideas at https://www.nhs.uk/change4life/recipes/breakfast	Archery Hit the Gold https://yourschool-games.com/back-to-school-games	Join a YST After School club on YouTube https://www.youtube.com/user/YouthSportTrust	C4L Shake Up Go Go Disc Throw https://www.nhs.uk/10-minute-shake-up/shake-ups/	Join in with a BBC Super Mood Mover https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers/zm2gydm
YST/Complete PE 60 Second Challenge - Skipping https://www.youthsporttrust.org/g/60-second-physical-activity-challenges	Play your favourite song and jog on the spot until it has finished	Judo Flamingo Balance https://yourschool-games.com/back-to-school-games	Panathlon Noughts & Crosses https://panathlon.com/sport/at-home/	C4L Shake Up Dash's Ball Skills https://www.nhs.uk/10-minute-shake-up/shake-ups/
Create a cosy corner or den and listen to a chapter or two of an audio book - there are lots available for free online	C4L Shake Up Hank's Hopscotch https://www.nhs.uk/10-minute-shake-up/shake-ups/	imoves Dice Challenge https://imoves.com/files/imovement-resources/dice-challenge.pdf	Hockey Dribble the Ball https://yourschool-games.com/back-to-school-games	#OxonSchoolGames Sockfest Boccia Challenge https://www.activeoxfordshire.org/school-games/

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