

# KS2 LET'S GET MOVING BINGO



**Bronze Beginner:**

**'Full column'**

**'Shooting for Silver:**

**'Full Row'**

**Go for Gold:**

**'Full House'**



40 star jumps - stay on the spot!	25 squat jumps - stay on the spot!	1 minutes run on the spot!	50 Knee Taps (alternate hands) - stay on the spot!	3 laps of the Daily Mile track
50 Knee Taps - high knees! (alternate hands)	1 minutes run on the spot!	25 tuck jumps - stay on the spot!	'Lean on the table' Press-ups x20	50 star jumps - stay on the spot!
2 laps of the Daily Mile track	50 star jumps - stay on the spot!	<b>FREE CHOICE FOR 30 seconds - Any of the exercises on the sheet!</b>	'Elbow to knee' marching x 25 - stay on the spot!	1 minutes run on the spot!
'Elbow to knee' marching x 25 - stay on the spot!	50 Knee Taps (alternate hands) - stay on the spot!	3 laps of the Daily Mile track	40 toe touches - alternate hands!	'Lean on the table' Press-ups x20
'Lean on the table' Press-ups x20	'Elbow to knee' marching x 25 - stay on the spot	100 heel flicks (heels to bum) - stay on the spot!	50 star jumps - stay on the spot!	50 Knee Taps (alternate hands) - stay on the spot!