


Bro Alun Sports Day Bingo!

June 25th – 28th

How many activities can you complete? You can choose which challenge to go for, e.g. plank for 30 seconds or 1 minute, and then cross out that activity in your grid! 

Plank 30 seconds <input type="checkbox"/> 1 minute <input type="checkbox"/>	Walk or run 1km <input type="checkbox"/> 3km <input type="checkbox"/>	Climb the stairs 50 <input type="checkbox"/> 100 <input type="checkbox"/>	Star jumps 50 <input type="checkbox"/> 100 <input type="checkbox"/>	Sit ups 25 <input type="checkbox"/> 50 <input type="checkbox"/>
Jumping over a cushion 50 <input type="checkbox"/> 100 <input type="checkbox"/>	Burpees 10 <input type="checkbox"/> 25 <input type="checkbox"/>	Ball against the wall 30 <input type="checkbox"/> 60 <input type="checkbox"/>	Standing on one leg 30 eiliad <input type="checkbox"/> 1 munud <input type="checkbox"/>	Long jump How far can you jump? <input type="text"/>
Bike or scooter ride 2km <input type="checkbox"/> 5km <input type="checkbox"/>	Skipping 1 minute <input type="checkbox"/> 3 minutes <input type="checkbox"/>	Push ups 20 <input type="checkbox"/> 40 <input type="checkbox"/>	Throwing a ball How far can you throw? <input type="text"/>	Design an obstacle course for the family!



Complete one line
Bronze medal!



Complete two lines
Silver medal!



Complete EVERY activity
Gold medal!

Post your photos and videos on Teams, Seesaw or the Facebook group!



Certificates will be awarded for completing the activities!

