

Inclusive Physical Activity Bingo



YOUTH
SPORT
TRUST



Believing in
every child's
future



move move



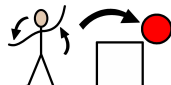
play



hide and seek



balance



move-over



dribble



dance



try



new sports



squat

or sit-forward



bounce



ball



towards



wall



throw

or



kick

at



target



perform-gymnastics

How to play:

- Once you complete a physical activity tick it off.
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you always try your hardest and have fun.

Achieve Gold

Complete all the activities
on the card



Achieve Silver

Complete a horizontal or
vertical line of activities



Achieve Bronze

Complete three activities
from the card

