

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?!

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

#OxonSchoolGames

