

Print off

Create a game in the garden	Play hide and seek	Do star jumps for 2 minutes	Write your own story	Have a game of tennis	Recreate a famous sporting moment	Do speed bounce for 1 minute
Play living room seated volleyball with a balloon	Play hide and seek	Take part in a Joe Wicks video	Play throw and catch with your neighbour over the garden fence	Read a book	Do 1 min of bicep curls with a tin of beans	Go for a walk
Balance 3 things on 3 different parts of your body	Have a game of football	Go bug hunting in the garden	Do one minute of step ups	Make a den	Make a 5 min film	Have a water fight (OUTSIDE!)
Throw and catch against a wall for 2 mins	Read a book	Balance on 3 parts of your body for 2 mins		Go for a run	Wash car/ windows	Play hide and seek
Skip for 2 mins	Make a den	Have a game of cricket	Do 20 wall press ups	Do some gardening	Dance to a song from start to finish	Do an Olympic sport
Throw a ball into a bucket taking a step back every time you get it in	Make a bird feeder	Go on a bike/ scooter ride	Throw and catch against a wall for 2 mins	Hoola hoop for 1 minute	Make and play hop scotch	Play musical statues
Stand on one foot for 2 mins	How many balloons can you keep up without them touching the floor	Pop a balloon using a part of your body	Read a book	Create an obstacle course	Take part in a Joe Wicks video	Walk up and down the stairs 10 times

Once you have completed a square you can cross it off

You can get any line (top to bottom/ left to right or diagonal)

The Points Learning Network center square gives you the power to choose your own activity

Please ask an adult to take a pick of your bingo card when you have got a line and post it on twitter and add @PointsLN in your tweet!

DONT CHEAT!!

SCHOOL GAMES CHALLENGE #STAYINWORKOUT

Being at home does not stop you being part of the School Games! You can use the time to practice a personal best challenge i.e. how many skips/ catches/ kick-ups can you do in 1 minute (you can even challenge your friends and create a friendship leaderboard).

Below is the School Games Quiz! You have to research the answer then complete the task linking to the question. This can also be used as an activity where schools are open and taking care of key worker's children. Don't forget to tweet **#StayInWorkOut**

School Games Question	Your Answer	Activity	Correct Answer	School Games Question	Your Answer	Activity	Correct Answer
How many players in a Goalball team?		Sit ups	3	How many Equestrian Gold medals were awarded at the 2012 Olympics?		Sprint on the spot in seconds	6
How many points are awarded for the center of a archery target?		Press-ups	10	What is the total length of a Fencing foil? (in cm)		Go for a run (in seconds)	110
How many Gold Olympic medals did Usain Bolt win?		Burpees	8	How many players are on the pitch at the start of a football match?		Plank in seconds	22
How many people took part in a badminton rally to get the World Record		Star Jumps	123	How many golf holes make up a full size course?		Bunny hops	18
How many teams play against each other in a game of Boccia		Balloon keep-up (in minutes)	2	How many players consist of one netball team?		Hop on one foot	7
At what age did Anthony Joshua win Gold at London 2012		Kickups with a ball/ balloon2	23	What is the fastest squash serve (in mph) ?		In seconds, balance on 4 parts of your body	176
In Canoeing how far is the K1 event?		speed bounce	200	How many points were score when England won the Rugby World Cup final in 2003?		Bicep curls with a tin of beans	37
How many runs did Ben Stokes score in the Cricket World Cup Final in 2019?		in seconds stand on 1 foot	84				
How far did (in KM) Bradley Wiggins cycle on a track in 1 hour to get a World Record?		Step up	54				



SCHOOL GAMES CHALLENGE #STAYINWORKOUT

Being at home does not stop you being part of the School Games! You can use the time to practice a personal best challenge i.e. how many skips/ catches/ kick-ups can you do in 1 minute (you can even challenge your friends and create a friendship leaderboard).

Below is the School Games Quiz! You have to research the answer then complete the task linking to the question. This can also be used as an activity where schools are open and taking care of key worker's children. Don't forget to tweet #StayInWorkOut

School Games Question	Your Answer	Activity	Correct Answer	School Games Question	Your Answer	Activity	Correct Answer
How many players in a Goalball team?		Sit ups		How many Equestrian Gold medals were awarded at the 2012 Olympics?		Sprint on the spot in seconds	
How many points are awarded for the center of a archery target?		Press-ups		What is the total length of a Fencing foil? (in cm)		Go for a run (in seconds)	
How many Gold Olympic medals did Usain Bolt win?		Burpees		How many players are on the pitch at the start of a football match?		Plank in seconds	
How many people took part in a badminton rally to get the World Record		Star Jumps		How many golf holes make up a full size course?		Bunny hops	
How many teams play against each other in a game of Boccia		Balloon keep-up (in minutes)		How many players consist of one netball team?		Hop on one foot	
At what age did Anthony Joshua win Gold at London 2012		Kickups with a ball/ balloon2		What is the fastest squash serve (in mph) ?		In seconds, balance on 4 parts of your body	
In Canoeing how far is the K1 event?		speed bounce		How many points were score when England won the Rugby World Cup final in 2003?		Bicep curls with a tin of beans	
How many runs did Ben Stokes score in the Cricket World Cup Final in 2019?		in seconds stand on 1 foot					
How far did (in KM) Bradley Wiggins cycle on a track in 1 hour to get a World Record?		Step up					



YOU GUESS ME!

#STAYINWORKOUT

Being indoors does not mean you can not have fun with friends or family. One thing to remember is that event though you might not be at school, it is still important to get up, dance, follow a YouTube activity video, play sport in the garden or something that gets you slightly out of breath.

This is a very simple game you can play with family indoors, at school or even on video call with your mates!

Rules

- 1) Grab a stopwatch or a phone and set it for 2 minutes
- 2) One player at a time acts out some of the list below
- 3) Audience tries to guess, if they get it correct the actor gets a point
- 4) Once everyone has had a go, who ever have the most points will be the winner

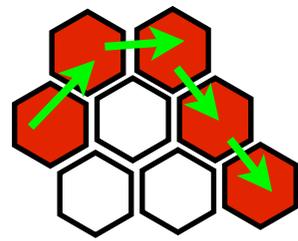
Flipping a pancake **Boxing** **Cutting the grass** **Swimming**
Scootering **Painting** **Curling** **Pole Vault** **Cricket**
Snooker **Gymnastics** **Sailing** **Horse Riding** **Rowing**
Driving a car **Cycling** **Athletics** **Golf** **Knitting** **Fishing**
Ice Skating **Ski Jumping** **Sumo Wrestling** **Sweeping**
Taking a penalty kick **Washing a car** **Climbing ladders**
Cricket **Diving** **Sleeping** **Javelin** **Synchronized Swimming**

CAN YOU MAKE YOUR OWN UP??

HONEYCOMB

ACTIVITY

Rules: Starting on one of the blue shaded hexagons, your task is to make it across the the green shaded hexagon completing the task before moving to the next hexagon. The path you chose is up to you. See the diagram for an example. Land on a School Games hexagon then you can chose something fun and interesting. After completing a task/ hexagon, why don't you colour it in!



S
T
A
R
T

Go for a walk

SCHOOL GAMES

Dance to a song

Make a den

Have a picnic in your den

Go for a cycle

Create an obstacle course

Go on your scooter

Create a game in the garden

Play a game in the garden

Play garden fence tennis

Go on your scooter

Do 100 of something

Go bug hunting in the garden

SCHOOL GAMES

Go for a walk

SCHOOL GAMES

Go for a cycle

Create an obstacle course

Play a game in the garden

Go for a walk

Wash the car

Play garden fence tennis

Do 100 of something

Make a den

Have a picnic in your den

Do 100 of something

SCHOOL GAMES

Go bug hunting in the garden

Go on your scooter

Go for a cycle

Wash the car

Go on your scooter

Dance to a song

SCHOOL GAMES

Play garden fence tennis

Go bug hunting in the garden

Create an obstacle course

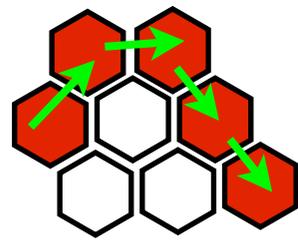
Dance to a song

SCHOOL GAMES

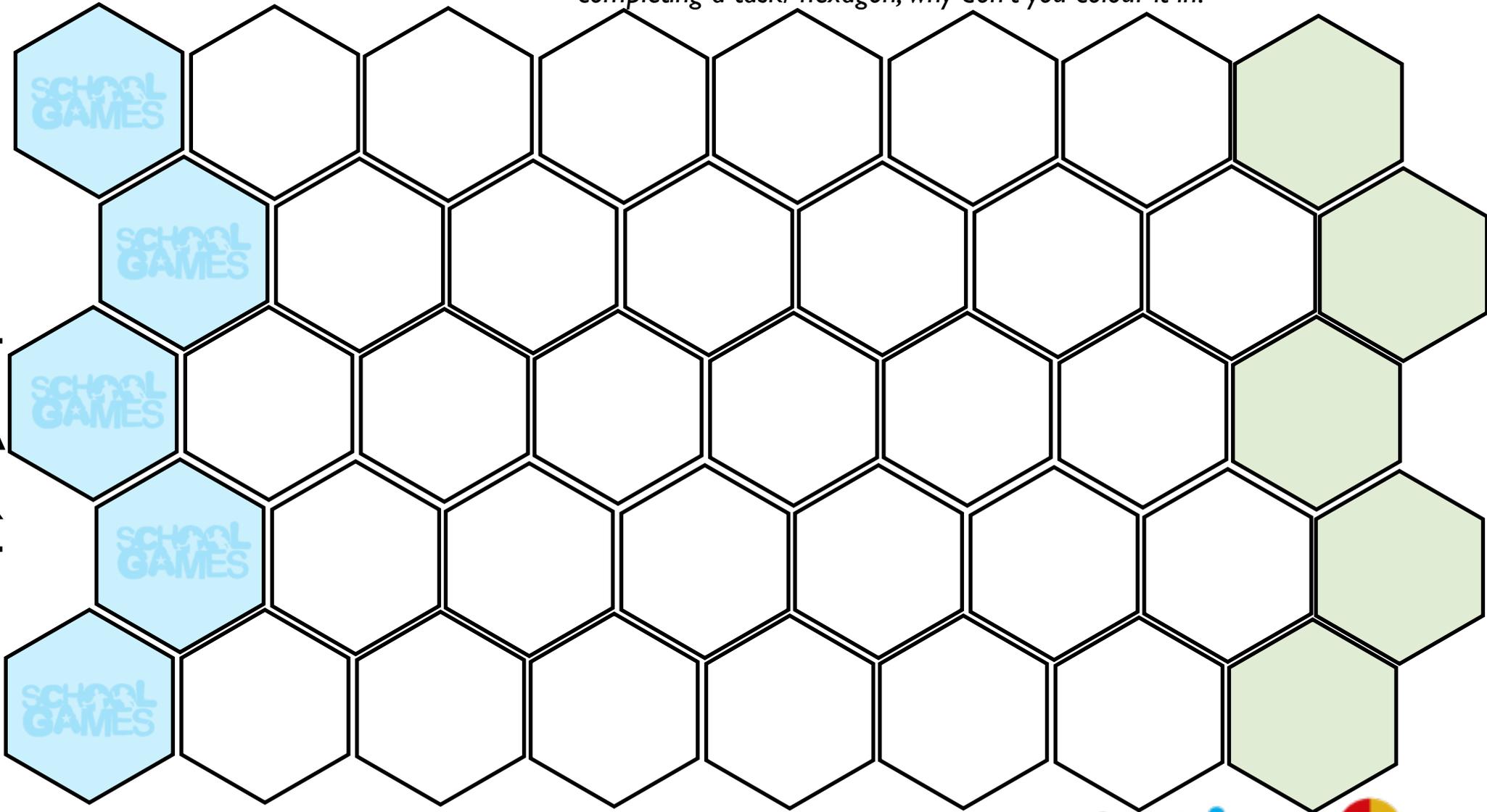
We would love to see some pictures of you playing this game, tweet @WestfieldSGO and use #StayInWorkOut

HONEYCOMB ACTIVITY

Rules: Starting on one of the blue shaded hexagons, your task is to make it across the the green shaded hexagon completing the task before moving to the next hexagon. The path you chose is up to you. See the diagram for an example. Land on a School Games hexagon then you can chose something fun and interesting. After completing a task/ hexagon, why don't you colour it in!



S
T
A
R
T



We would love to see some pictures of you playing this game, tweet @WestfieldSGO and use #StayInWorkOut



ACTIVATE 4

#STAYINWORKOUT

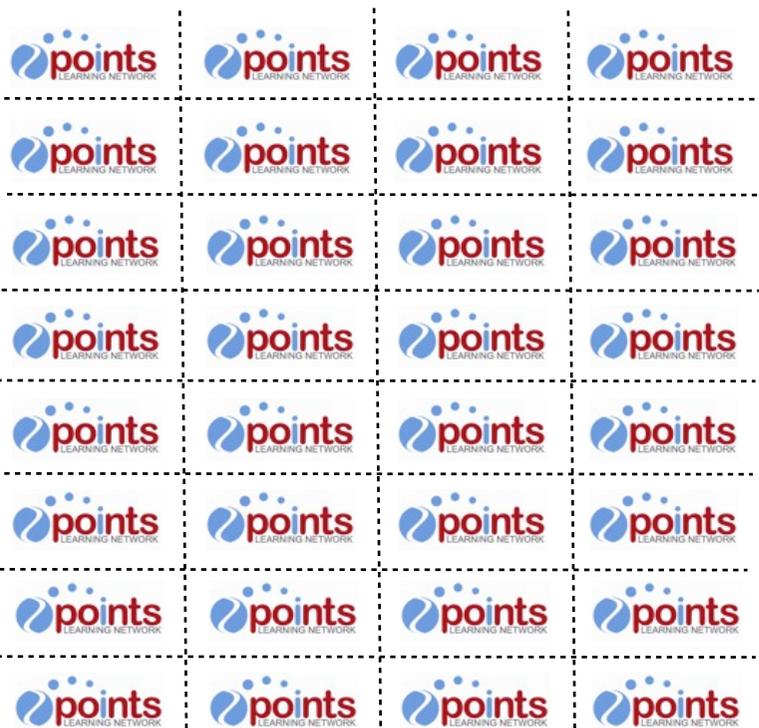
Rules

The aim for both players is to make a straight line of four own logos (Please cut these out on this page and use on the game card); the line can be vertical, horizontal or diagonal. You might like to use Bluetac to stick your pieces to the game card.

When you place your logo on one of the squares you must complete the task.

Equipment you might need- tennis ball, stopwatch, football, tin of beans/ tomatoes and something to play music on

We would love to see this game being played. Get a adult to take a picture and tweet using @WestfieldSGO and #StayInWorkOut



Cut along the dotted line for your playing counters



Run around your garden 10 times	Star jump for 2 mins	5 Wall press ups	10 catches against a wall	1 min bicep curls with a tin	1 foot balance- 60 secs	Speed bounce for 1 min	Run around your garden 5 times	10 Press ups	1 min bicep curls with a tin
1 foot balance- 30 secs	10 Star Jumps	Do 1 min of step ups	Run around your garden 5 time	Dance to a song from start to finish	10 kick ups	10 Press ups	Balance an object on your head for 1 min	Star jump for 2 mins	1 foot balance- 60 secs
1 min bicep curls with a tin	10 catches against a wall	Run around your garden 10 times	Speed bounce for 1 min	10 Star Jumps	5 Wall press ups	10 shuttles up the stairs	1 min bicep curls with a tin	Run around your garden 5 times	Speed bounce for 1 min
10 shuttles up the stairs	Dance to a song from start to finish	5 Wall press ups	5 Press ups	1 foot balance- 30 secs	5 kick ups	1 foot balance- 90 secs	10 catches against a wall	10 Star Jumps	Balance an object on your head for 1 min
5 Press ups	Run around your garden 5 times	10 catches against a wall	Star jump for 2 mins	Run around your garden 10 times	10 Star Jumps	Do 1 min of step ups	Dance to a song from start to finish	Run around your garden 10 times	1 foot balance- 90 secs
5 Wall press ups	5 kick ups	1 foot balance- 30 secs	10 shuttles up the stairs	Star jump for 2 mins	1 foot balance- 30 secs	Run around your garden 5 times	5 Press ups	1 min bicep curls with a tin	5 kick ups
Run around your garden 10 times	10 Press ups	Speed bounce for 1 min	5 Wall press ups	Dance to a song from start to finish	10 catches against a wall	10 Star Jumps	1 foot balance- 60 secs	Do 1 min of step ups	Star jump for 2 mins
1 foot balance- 30 secs	Star jump for 2 mins	Run around your garden 10 times	10 kick ups	10 Press ups	1 min bicep curls with a tin	Balance an object on your head for 1 min	Speed bounce for 1 min	5 Wall press ups	Run around your garden 10 times
10 Star Jumps	10 catches against a wall	5 Press ups	Run around your garden 5 times	1 foot balance- 60 secs	Run around your garden 10 times	10 shuttles up the stairs	1 min bicep curls with a tin	5 kick ups	1 min bicep curls with a tin
1 foot balance- 60 secs	10 kick ups	Balance an object on your head for 1 min	10 catches against a wall	10 shuttles up the stairs	5 Wall press ups	Do 1 min of step ups	10 Star Jumps	1 foot balance- 90 secs	10 Press ups