

Team Wigan

RUGBY Bingo



CROSS OFF THE SKILLS WHEN YOU HAVE COMPLETED THEM TO EARN A CERTIFICATE. TRY AND GET A LINE AND THEN AIM FOR A FULL HOUSE BY COMPLETING ALL THE SKILLS!

Do 3 exercises to warm your body up	Run on the spot for 1 minute non stop	Juggle with two balls. Try three if you can master two!	Do 10 shuttle runs scoring a try at each end
Make 10 rugby passes both sides towards a target	Kick the ball out of your hands 5 times towards a target	Pass a ball around your waist 20 times in both directions	Do one minute of continuous star jumps
Do 20 burpees make sure your chest touches the floor	Do 20 figures of 8 through your legs	Speed bounce over a line or a cone for 30 seconds	Do 20 ball bounce and catches
Jump in the air and land without wobbling 10 times	Throw a ball up, spin round and catch	Do 3 exercises that cool you down	Tell someone which challenge was your favourite



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