

Team Wigan

FITNESS 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!

Perform heel kicks for 1 minute	Perform squats for 30 seconds	Run for 5 minutes or perhaps a mile?	10 shuttle runs between 2 points
Create an obstacle course and complete as fast as you can	High knees on the spot for 1 minute	How long can you hold a plank for?	How many Sit ups can you do in a minute?
Grab your friend(s) and make a relay race	Perform 10 burpees	How many Star jumps can you do in a minute?	Jump side to side over a line or small object for 1 minute
Design a slalom run - How many times can you do it in 2 minutes?	Fast feet on the spot for 30 seconds	Lie on your back with your legs straight in the air - How many times can you touch your toes?	How long can you hold a wall sit?



Team Wigan

FITNESS 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!

Perform heel kicks for 1 minute	Perform squats for 30 seconds	Run for 5 minutes or perhaps a mile?	10 shuttle runs between 2 points
Create an obstacle course and complete as fast as you can	High knees on the spot for 1 minute	How long can you hold a plank for?	How many Sit ups can you do in a minute?
Grab your friend(s) and make a relay race	Perform 10 burpees	How many Star jumps can you do in a minute?	Jump side to side over a line or small object for 1 minute
Design a slalom run - How many times can you do it in 2 minutes?	Fast feet on the spot for 30 seconds	Lie on your back with your legs straight in the air - How many times can you touch your toes?	How long can you hold a wall sit?

