



ATHLETICS BINGO

Cross off the skill once you have completed it. An adult must witness and sign off your sheet. Send a photo of full house to the details below. Try and beat your scores!

NAME: _____ SCHOOL: _____ AGE: _____

Speed bounce for 20 seconds

Standing long jump & measure

Perform a plank for 1 min

10 shuttle runs between 2 points

Bike ride for 30 mins (with an adult)

Run on spot for 2 mins

'Hop, skip & jump' & measure

Chest push throw using a cushion & measure

1 minute of star jumps

Create your own hurdle race & complete x 3

Run for 5 mins non stop

Overhead throw using a cushion & measure

Plank for 1 min with shoulder taps

30 burpees (chest to floor)

Do a 9 sec 'Usain Bolt' run

Make a tower of toilet rolls and see how many you can jump over

I confirm this has been completed (please sign):

HAVE A GO AT A LINE AND THEN SEE IF YOU CAN GET A FULL HOUSE TO EARN A MEDAL

Tag us in on Twitter @Tamesidessp, send it to 07900274802 or email and attach your completed sheet to Emma.toone@gaa.org.uk with name, address, school attended and age and you will receive a medal through the post. Entries close 26th February 2021.