



RUGBY BINGO

Cross off the skill once you have completed it. An adult must witness and sign off your sheet. All entries will be entered into a draw to win a rugby ball. Send a photo of full house to the details below.

NAME: _____ SCHOOL: _____ AGE: _____

Throw ball up in air and clap 1-10

Juggle with 2 balls (any size)

Perform a plank for 1 min

10 shuttle runs & add a try in at each end

Bike ride for 30 mins (with an adult)

Run on spot for 2 mins

10 rugby passes into a bin or box using socks

5 kicks out of hand into bin/box using socks

1 minute of star jumps

10 rugby try dives on to a sofa/ bed

Pass ball/object around waist 20 times

1 min agility run around objects

Plank for 1 min with shoulder taps

30 burpees (chest to floor)

20 x Figure of 8 through legs

20 rugby ball bounce & catch

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.