

Having watched the link <https://www.bbc.co.uk/teach/live-lessons/terrific-scientific-exercise-live-lesson/znv4jhv> you should now know some of the reasons why exercise is so important when keeping you fit and healthy.

Now let's play....

Year 3 Exercise Bingo , a game for 3 - 5 people

You will need.

- A master board, cut up into individual cards and put into a container.
- A player board for everyone else who is playing.
- Something to cover up the actions on the player' boards once the actions have been performed e.g. buttons or coins

How to play

1. Choose your Bingo caller.
2. Give the container with the master cards into the Bingo caller.
3. Give each of the other players a bingo board.
4. The Bingo caller takes a card from the container and reads it out.
5. If a player has this instruction on their card, they must perform the action and then cover the rectangle with one of their counters.
6. Repeat above.
7. Once a player has covered up all their actions on their card, they shout out Bingo very loudly!
8. They are the winner of that game and so become the Bingo caller for the next game.
 - Don't forget to put all the master cards back in the container and to shake them up before starting another game.
 - Have fun and remember, this game is helping you to keep fit and healthy in lots of different ways!

Master card

5 Crunches	Walk on the spot for 30 seconds	15 Star jumps	High knees for 30 seconds	5 Lunges on each leg
10 Squats	March on the spot for 30 seconds	5 Push ups	12 Side to side jumps	Jump on the spot 15 times
6 Toe touches	Hop on one leg for 30 seconds	Hop on the other leg for 30 seconds	Run on the spot for 30 seconds	Skip for 20 seconds
8 Tuck jumps	Use your body to show rock, paper, scissors shapes	Tiptoe for 20 seconds	6 frog jumps	Free choice

Board 1:

5 Crunches	Walk on the spot for 30 seconds	15 Star jumps	High knees for 30 seconds	5 Lunges on each leg
10 Squats	March on the spot for 30 seconds	5 Push ups	12 Side to side jumps	Jump on the spot 15 times

Board 2:

6 Toe touches	Hop on one leg for 30 seconds	Hop on the other leg for 30 seconds	Run on the spot for 30 seconds	Skip for 20 seconds
8 Tuck jumps	Use your body to show rock, paper, scissors shapes	Tiptoe for 20 seconds	6 frog jumps	Free choice

Board 3:

10 Squats	March on the spot for 30 seconds	5 Push ups	12 Side to side jumps	Jump on the spot 15 times
6 Toe touches	Hop on one leg for 30 seconds	Hop on the other leg for 30 seconds	Run on the spot for 30 seconds	Skip for 20 seconds

Board 4:

8 Tuck jumps	Use your body to show rock, paper, scissors shapes	Tiptoe for 20 seconds	6 frog jumps	Free choice
5 Crunches	Walk on the spot for 30 seconds	15 Star jumps	High knees for 30 seconds	5 Lunges on each leg

