

Here are some suggestions for how to use the Fun Fitness Bingo resources.

The Single Bingo Board

Print off the [Fun Fitness Single Bingo Board](#) and the [Fun Fitness Bingo Cards](#). Use one bingo board for a class or for one child. Cut out the cards, muddle them up and place them in a container.

Full House Bingo! At regular intervals throughout the day, pick out a card and complete the fitness activity. Once you have completed each exercise, cover it up with the card. Continue doing this until all exercises on the board have been covered over. Perhaps you could set an alarm to remind you when it's time to exercise!

Become an Expert Choose one activity to carry out at regular intervals throughout the day. Get individual children to pick an exercise for the day; alternatively, select an exercise at random by closing your eyes and putting your finger down on the board.

You Choose! Display the [Fun Fitness Bingo Board](#) up on your computer screen. At regular intervals throughout the day, children may choose an activity to carry out.

Team Challenge Split the class roughly into two halves. One team selects an activity to issue as a challenge for the opposing team to do, and vice-versa. Both teams complete the chosen exercises in the time given and repeat with new exercises being issued. This version could be played with challenges being issued one after another, or they could be given sporadically throughout the day.

Challenges!

- Can you complete all exercises in one day?
- Can you pick two or three to do all in one go, with a short, ten-second break in-between each one?
- Can you complete all exercises in one session?
- Can you do each exercise more than once, with a short ten-second break in-between?

The Multiple Bingo Boards

Print off the [Fun Fitness Multiple Bingo Boards](#) and the [Fun Fitness Bingo Cards](#). Cut out the cards, muddle them up and place them in a container. Hand out one bingo board per child; there are eight different bingo boards in total.

Sweat Factor Five Bingo! The aim in this version is for children to race to complete their boards. Pick out one of the cards at random and children only carry out the exercise if it is on their board. They may place a counter on their board if they have the exercise.

Sweat Factor Fifty Bingo! The aim in this version of the game is also for children to race to complete their boards. Pick out one of the cards at random and read aloud. In this version of the game, all children carry out the exercise, regardless of whether they have it on their board; those that do have the exercise on their board may place a counter on the corresponding image.

Play in teams: give one board per team and choose to play either the first or second option.