

## Active Bingo Card KS2 PERSONAL CHALLENGES

### DASP PE Isolation Challenge



Create a dance	Walk for 30 minutes	Set your personal best of keepy uppy's	Make and play game in the Garden	Make an Obstacle course	Do a Jo Wicks kids workout
Help carry heavy shopping in and unpack it	Do A Jo Wicks Kids Workout	Cycle or Scoot for 30 minutes	Disney Wake and Shakes x2	Cycle for 30 minutes	Walk to Local Park
Walk to local forest	Do some Cosmic Kids Yoga	Walk to the park	Walk for 15 mins	Do Just Dance Youtube video	Do 3 personal challenges
Go Noodle Activities	Do 2 personal challenges	Play catch in the garden	Teach a dance to someone at home	Disney Wake and Shake x3	Cycle or Scoot for 15 minutes

Your Isolation challenge is to complete as many activities from the card before the end of each month. The challenge will start again at the beginning of each month. No matter what you try make sure you are safe, share the experience with an adult at home.

Good luck and keep active. Name \_\_\_\_\_ School \_\_\_\_\_ Class \_\_\_\_\_