



DODGEBALL 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 ball of your choice. Send a photo of full house to the details below.

NAME: _____ **SCHOOL:** _____ **AGE:** _____

Hit a target 10 times in a row with a ball

Use a ball to hit 20 socks thrown at you away

Perform a plank for 1 min

Run on spot for 2 mins

Bike ride for 30 mins (with an adult)

Dodge 10 pairs of socks thrown at you

Have a mini game with family using socks

Throw a ball/object up, spin around & catch x 10

1 minute of star jumps

10 x 5 metre shuttle runs as fast as you can

Perform 20 hops on each leg without stepping on the floor

50 wall catches using any ball

Plank for 1 min with shoulder taps

Speed bounce over an object for 30 secs

Catch 20 socks thrown at you

Run side to side in between 2 objects 2 metres apart

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 March 2021.