

HIIT FITNESS 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:** _____

**Sprint on
the spot
for 30 secs**

**High
Knees for
30 secs**

**Perform
a plank
for 30
secs**

**Frog
jumps
for 30
secs**

**Star Jumps
for 30
seconds**

**Mountain
climbers
for 30
secs**

**Fast
punches
for 30 secs**

**Squat
lunge
jumps for
30 secs**

**Wall
jumps
for 30
secs**

**Knee
tucks for
30 secs**

**Side to side
shuffle touching
the floor at end
with hand for 30
secs**

**Bicycle
crunches
for 30 secs**

**Plank for 30
secs with
shoulder
taps**

**Burpees
for 30 secs**

**Sprint on
spot & fast
punch
above head
for 30 secs**

**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.