



NETBALL 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 netball. Send a photo of full house to the details below.



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

Throw ball up in air and clap 1-10

Juggle with 2 balls (any size)

Perform a plank for 1 min

Do 100 wall chest passes

Bike ride or jog for 20 mins (with an adult)

Run on spot for 2 mins

Shoot a ball at a target/ goal until you get 10 goals in a row

Learn how to catch with a reverse hand

1 minute of star jumps

Complete 10 shuttle runs over 5 metres

Pass ball around waist 20 times

50 wall passes with 1 hand then swop

Plank for 1 min with shoulder taps

100 wall passes standing on 1 leg

20 x Figure of 8 through legs using a ball

Touch floor & high jump x 20

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.