



Northside's P.E Leadership Bingo at Home

Get your family involved!



How to play:

- Once you complete an activity from the grid, tick it off your card.
- If you are finding some of the activities hard, you can adapt them to suit you, or have a rest and then continue.
- All challenges should be completed safely. Please ensure all areas and equipment that you are using are safe.
- Try to achieve one or more of the bronze, silver and gold School Games awards below

Complete all 16 activities on the card

Complete a full line of activities – either horizontal or vertical

Complete any 1 activity from each line

Create a video of you playing your favourite playground/P.E game. Get a family member involved.	Lead or follow a fitness session with your family.	Design your own sport-themed word search.	Create a dance and teach it to someone else. Take pictures or film it.
Teach a skill from your favourite sport to a family member.	Create 3 events which could be at your sports day.	Research the rules and skills you need for basketball. Make a leaflet/poster with this information.	Pick a sport, research 3 rules, and then explain them to your family.
Take a family member on a walk. You lead!	Watch a sports match. Identify the skills they are using and the muscles they are using.	Create a challenge for your class to do in their P.E session.	Make a ball out of materials from around the home and make a target to throw it at. Change the size of the targets to make it harder.
Play a game of basketball with your family.	Watch a video clip of your favourite sport and recreate it.	Create an obstacle course. How quick can you complete it? Can you compete with someone at home?	Do a Mr. Vass style P.E video. Feel free to dress up!

Upload your completed activities on Microsoft Teams.