

PE Bingo! See how many of the activities you can complete. Try these:

Complete Row Complete Column Any 10 Any 15 Full House

Exercising safely:

Check that the space you are using is safe – make sure there is nothing you could trip over or bump into.

Wear suitable clothes and footwear.

If you use an inhaler, carry it with you.

Remember to drink water during and after exercise.

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| <p>Complete 5 x PE with Joe. If you can't get online, do 10 x exercises for 30 secs work/30s rest. Twice!</p> | <p>Walk a new route from your house. (Make sure you can find your way home again...)</p> | <p>Encourage member of your household be active with you. E.g. Throwing and catching.</p> | <p>Do one of the PE Challenges! Check the school's Twitter feed and let us know how you do!</p> | <p>Do Jesse Lingard's StayIn WorkOut exercises. Find it here on BBC Sport</p> |
| <p>Get strong with Max Whitlock. Find his top 5 exercises to do at home by clicking here.</p> | <p>Practise a sports skill for 10 mins per day for 1 week. E.g. Keep-ups.</p> | <p>Design a fitness circuit for a family member. Try to make it fun! Complete it with them.</p> | <p>Time yourself! 10 Squats 10 Press Ups 10 Sit ups 10 Burpees Repeat x4 Record your Time</p> | <p>Go out for an hour long walk with a member of your household.</p> |
| <p>Catch and throw a ball against a wall for 1 min. Record number of catches. Try other hand.</p> | <p>Do a home fitness test Do these for 1 min each: Press up, burpee, sit up. Practice, then test again each week.</p> | <p>Complete a 2-minute Wall Sit Knees over ankles 90° knee bend Thighs parallel with floor Back flat on wall</p> | <p>Get running with couch to 5k. Click here or download the couch to 5k app</p> | <p>Try juggling! Start with 2 balls. Try to improve to 3. TIP! Work in front of a plain wall.</p> |
| <p>Try a new exercise class online. You could try Yoga!</p> | <p>Create a routine of up to 5 balances. Make sure you have good body tension.</p> | <p>Get Outside on a bike, scooter or skateboard. Have fun!</p> | <p>Step up to climb a mountain at home! Find out more here. 6400 steps = Snowdon, 1800 = The Shard.</p> | <p>Challenge 500 On one day, do 500 reps of up to 5 exercises, e.g. jumping jacks, crunches, squats, lunges, press ups.</p> |
| <p>Start running! Try 30 secs jog, 30 secs walk for 10 minutes, three times per week. Slowly build up the jogging time.</p> | <p>Practice athletics tasks from PE lessons. e.g. standing long jump, vertical jump, or sprints.</p> | <p>Do your own Fartlek session. Go for a walk. Vary your speed or action when you pass a lamp post. Include: jog, skip, sprint, hop, bound.</p> | <p>Improve your core strength by practising your plank while watching TV. Build to 3 x 1 min. Keep a straight line heels-shoulders</p> | <p>DIY rounders! Make 4 bases, use any ball you have - you could kick it or hit it with your hand!</p> |