



NATIONAL SCHOOL  
SPORT WEEK 2020  
**AT HOME**

supercharged by



# BINGO CARD

*Can you complete a line? Can you go for a full house?*

**Friday 26<sup>th</sup>  
June**

**Please send us  
your video  
clips/photos  
of the  
activities on  
the Bingo Card  
that you  
complete. We  
would love to  
see what you  
get up to!**

Complete  
10,000  
steps in  
one day

Play a  
sport  
with your  
family

Make a  
fruit  
smoothie  
with an  
adult

Design  
your own  
exercise  
circuit

Go for a  
long  
bike ride  
with an  
adult

Cook a  
healthy  
meal  
with an  
adult

Eat x4  
different  
types of  
vegetables  
in one day

Learn a  
new  
skill

Send us a  
video of  
yourself  
keeping  
active to go  
on our  
school's  
Facebook  
page



**WE'RE  
SUPPORTING  
#NSSWtogether**

Saturday 20 – Friday 26 June  
#NSSWtogether



**Follow our Facebook  
& Twitter accounts...**

