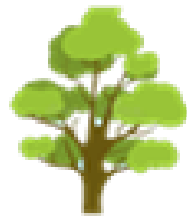


Bingo!

21 Day Activity Challenge



Introduction ([click here for intro video](#))

Humans are born to move! It is important to be active. Being physically active is a great way to feel better about yourself, it has a positive impact on our mental well-being as well as helping to control our weight and preventing illness and diseases such heart disease, type 2 diabetes and cancer. Being fit and healthy will also mean that you are less likely to suffer from serious symptoms of coronavirus.

Children need to be active for at least 60 minutes every day. Adults should be active for at least 30 minutes. During the day try to reduce the amount of time spent sitting down. Get up and Move.

By taking part in the 21 Day Activity Bingo Challenge, you are making positive steps towards leading a healthier lifestyle and will boost your family's activity levels. This is an excellent start.

Bingo! 21 Day Activity Challenge

The Bingo – 21 Day Activity Challenge is a fun and simple resource designed to give you ideas, activities and challenges that will keep children active.

Aim to complete all 21 activity squares between 11th January and 5th February and be in with a chance of winning prizes! Simply Jot down the numbers 1-21 on a small piece of paper, fold them up and pop them in a jar. Each day for 21 days, pull out 1 piece of paper and complete that activity from your bingo card or why not log onto **Burnley SSP** Facebook or Twitter each weekday and see which bingo number is called for that day by one of our Wonderful Burnley Primary School teachers!

There are 3 types of activity (some activities appear more than once!), simply find the resource card in the pack for full activity details and ideas!



Fitness based - these will get your heart rate



Outdoor Activities – Aimed to get you active outdoors



Sports/skill-based activities

Simply cross of a square after you have completed the activity and post photos on social media,

Each photo and video of children taking part will represent one entry, all entries will go into a prize draw!

Twitter/Facebook @BurnleySSP - Use the #activitybingo #active21

Have Fun and Good luck!

Contents

Bingo Card

Virtual Mile	Activity 1 & 7
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Tri-Target Challenge	Activity 20



21 Day Activity Bingo!

Complete all 21 Activities before February half term. Have fun and feel better!

For full details see the activity card!

1 Virtual Mile 	2 Balloon Olympics 	3 'Take a Walk on the Wild Side' 	4 Fitness Circuit 	5 Exercisebet 	6 Daily Walk Challenge 	7 Virtual Mile 
8 Just Dance 	9 'Take a Walk on the Wild Side' 	10 Indoor Scavenger Hunt 	11 Daily Walk Challenge 	12 Exercisebet 	13 Jumpathon 	14 Wacky Races 
15 'Take a Walk on the Wild Side' 	16 5 Skill Challenge 	17 Fitness Circuit 	18 Just Dance 	19 Balloon Olympics 	20 Tri-Target Challenge 	21 Daily Walk Challenge 

Activity: 1 and 7

'Virtual Mile'

Activity: Head out for a walk, jog or run. Complete at least 1 mile. This should take no longer than 20 minutes if walking. There are some wonderful parks to explore in your neighbourhood and some suggested routes are below!

See if you can beat your time!

Suggested Routes (if no tracking device)

Route 1: Towneley Park Lap



1. Start at the signpost at the bottom of the drive (near to where the Ice cream van parks!)



2. From here, run past the old changing facilities heading straight along the track towards the horse's field (towards Cliviger)



3. At the gate of the horse's field turn right! Heading upwards.



4. At the black bench on the corner bear right, towards Towneley Hall



5. As you cross the river bear left, heading towards Towneley Hall/carpark



6. Run past the hall towards the golf course, join the path that runs down parallel to the golf course, heading to the bandstand



7. At the bandstand turn right and head for the **finish line** – the gate just before the play park!



8. Congratulations! You have completed a mile!

Route 2: Padiham Greenway – Out & Back



1. **Start:** At the gate on the greenway at the bottom of Memorial Park in Padiham. Travel towards Shuttleworth Mead Industrial Estate. (Altham)



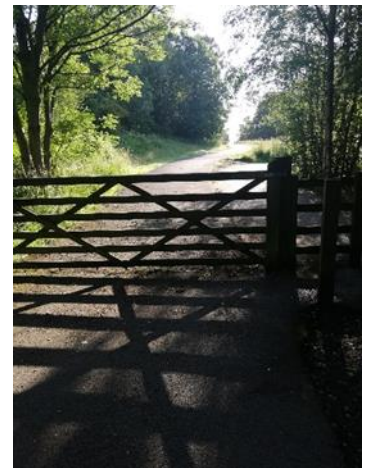
2. The bridge is almost halfway – just a few more strides!



3. Look out for the orange dot on the tree), turn around and head for home!



5. If you get to this point, you have gone slightly too far!



6. **Finish** at the gate where you started! Congratulations you have completed a mile!

Route 3: Leeds-Liverpool Canal – Barden Lane/Reedly Marina – Linear



1. **Start:** Join the canal at the humpback bridge on Barden Lane. Head East, towards Nelson



2. Bridge 136 is 0.75miles! Nearly complete!



3. As you approach the one-mile finish mark, you will see some new (ish) homes on your left (Quakers View) and some new apartments will come into view on your right!



4. **Finish** - Look out for this marker, next to a line of conifers – this is your one-mile complete! Congratulations!



5. If you get level with this building on your right – you have gone slightly too far!

Route 4: Clowbridge Reservoir



1. **Limey Lane** – Head left off Manchester Road after the boulder on the right (or vice versa) is where you can park or walk down to get started.



2. **Start** – Walk down to the gate from the top of Limey Lane. This is your start point.



3. Follow the path around and head through the gate and on to the reservoir footpath.

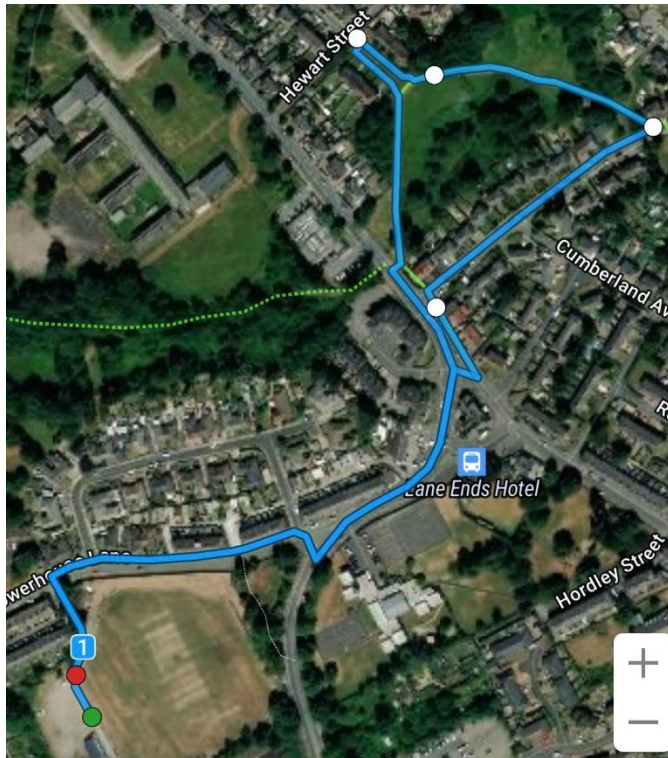


4. **0.5 miles** – At the picnic table you have reached 0.5 miles. Here you can turn back and complete the mile at the start gate or carry on to the boathouse.



5. **Finish** - Look out for this gate as you get to the boathouse – this is your one-mile complete! Congratulations!

Route 5: Lowerhouse/Rose Grove



1. **Start** – Head right off David Wren Way and on to Lowerhouse Lane



2. Cross over at Liverpool Road, opposite Lowerhouse junior School



3. Follow the road around and head on to Sweetcough Greenway via the park, just after the turning for Middlesex Avenue



4. Follow the Greenway and turn right at the Park Exit on to Middlesex Avenue



5. Turn left at the Post Box at the end of Middlesex Avenue and head back towards the cricket club



6. **Finish** - Cross over at Liverpool Road, opposite Lowerhouse junior School and head back to the school. **Congratulations** – 1 mile complete!

Activity: 2 & 19

'Balloon Olympics'

Activity: A variety of activities using a balloon!

- Take part in 3 different balloon activities
- Keep practicing and try to beat your best score

'Bat Ups'

- Using the balloon and your hand. See how many times you can hit the balloon, keeping it in the air – work with a family member to play, taking it in turns to bat up the balloon
- Your score is the number of hits you have before the balloon hits the floor
- If you want to make it harder, use your foot/head/knee

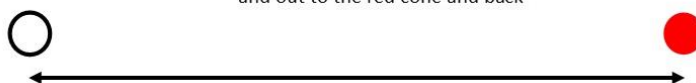
'Balloon Zoom'

- Blow up the balloon but do not tie the balloon
- When ready, let the balloon go
- As the balloon deflates, the aim is to catch the balloon before it hits the floor
- To make it harder, get someone else to let go of the balloon

'Balloon Relay'

- Put a start marker down and another marker 10 strides apart

Carry the balloon out from the white cone
and out to the red cone and back



- Carry the balloon between your knees, without letting it touch the floor, if it does you need to start again
- Time how long it takes you to complete the course. To make it harder add in objects to zig zag around or cushions to jump over
- How long does it take to complete the course!

Activity: 3, 9 and 15

'Take A Walk on the Wild Side'

Activity: Head out for a walk to a green space. There are some wonderful parks to explore in your neighbourhood.

Whilst out and about why not complete one of the activities below and get up close and personal with nature!

Scavenger Hunt!

Egg Box Scavenger Hunt

- * Go on a walk and see if you can find all of the items below.
 - * Print out or draw the pictures and then stick them on the lid of an egg box. Collect the items in the corresponding spaces.
 - * You could use any box or tub if you don't have an egg box.
- If you only have an egg box with six spaces, find six of the items first and then go for another walk to find the next six!

Happy Hunting!

					
Something round	Pine cone	Something straight	Something that makes a noise	Pointy leaf	Daisy
					
Something soft	Shiny leaf	A smooth stone	Something yellow	Something rough	A magic wand stick

Get to Know a Tree!

How to get to know a tree!

Go for a walk around your local park, green space or anywhere close to home outdoors.

Find a tree you like – big, small, tall, short, straight, gnarled – whichever you like!

Get to know your tree!

- * Climb it if you can (make sure there's an adult nearby)
- * Hug it – can you get your arms ALL the way around?
- * If not how many people do you need to stretch your arms the whole way around?

Take a photo of it!

Do a bark rubbing (you'll need paper and crayons/chalk)

- * What does the bark feel like? Is it rough or smooth?
- * Notice whether it has any leaves or flowers yet.
- * How tall is it?
- * Are there any birds building nests in it?
- * Is there anything growing on it's branches?

Go back to visit your tree throughout the year and see what has changed.



Mini Beast Hunt!

MINI BEAST HUNT

A bug hunt is a great way to get up close with nature and find out which minibeasts are living in your garden. Bugs are expert hiders but there will be plenty of them to find in your garden or on a nature walk, you just need to know where to look. Some like dark, damp places and others like bright, sunny spots.

- * Try looking under rocks or logs
- * In the soil
- * In the leaf litter
- * On or inside rotting wood
- * In the cracks in tree bark
- * On leaves
- * Or flying in the air!

Go on a bug hunt either in your garden or out on a walk. Copy out the tally sheet to record your findings scientifically. If you want to carefully catch any bugs to have a closer look why not try putting them in a clean glass jar. Make sure to release them once you've finished investigating. Did you find different bugs in different places around your outdoor space? Can you invent a new species of mini beast? You could draw it or make it from natural or recycled materials.

	On Bark	On Plants	In the Sky	In the Soil	Under rocks
Ladybird 					
Ant 					
Woodlouse 					
Worm 					
Snail 					
Butterfly 					
Bee 					
Beetle 					

Activity: 4, and 17

'Fitness Circuit'

Activity: Start your day with this quick fitness circuit!

Set Timer!

Put on some music!

- Pick six exercises from the list below
- Do each exercise for 40 seconds with a ten second break
- Rest for two minutes
- Do each exercise for 30 seconds with a ten second break
- Rest for two minutes
- Do each exercise for 20 seconds with a five second break
- Stretch out and start your day 😊

Star jumps (jumping jacks)	jog on spot	skipping	plank
squats	press ups	up and down stairs	sit ups
			lunges



Star jump



Up & down stairs



Press ups



Jog on spot



Lunges



Skipping



Squats



Plank



Sit Ups

Activity: 5 and 12

'Exercisebet'

Activity: What words can you spell? Choose a word and use the below alphabet to spell it out! Can you spell out your name? Have fun playing this silly game!

Each letter has an exercise! Spell out as many words as you can!

A = Pretend you are stuck in slime

B = Box like a kangaroo

C = Climb your stairs 3 times

D = Dance – bust some moves!

E = Do an Egg Roll

F = Frog jump across the room

G = Gallop like a horse

H = Try to do a headstand or handstand

I = Run around pretending to be an Indian

J = 5 jumping jacks (star jumps)

K = Pretend to fly like a Kite in the sky

L = Waddle like a penguin

M = March on the spot like a soldier

N = 5 press ups

O = Travel backwards across the room

P = Complete the plank exercise for 20 seconds

Q = Quick feet – sprint on the spot

R = Shoot your body from low to high like a rocket

S = Swim (but without the water!)

T = Tennis! Pretend to do a tennis serve

U = Pretend to be a firework!

V = Bear crawl across the floor

W = Wriggle and wiggle like a worm

X = 10 squats

Y = Draw letters in the air

Z = Zig Zag across the room

How many different words can you spell using the above exercisebet!?



Activity: 6, 11 and 21

'Daily Walk Challenge'

Activity: Head out for a walk and complete the challenge below!

A teal background with various colorful circles (pink, yellow, blue) and white line-art illustrations of a butterfly, a bicycle, and a flower.

The Outdoor Daily Walk Challenge

When you see a ...

- **Yellow flower:** do 10 star jumps
- **Bird:** touch your head
- **Butterfly:** touch your toes
- **Runner:** pat your knees 5 times
- **Blue car:** jump as high as you can
- **Dog:** run on the spot for 5 seconds
- **Post box:** spin around
- **Bumble bee:** flap your arms like a bird
- **Bike:** hop on one foot 5 times
- **Zebra crossing:** clap your hands

Activity: 8 and 18

'Just Dance'

Activity: Throw some shapes and bust some moves to your favourite tunes! Aim to keep moving for at least 1 full song.

Need some ideas visit:

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

<https://www.youtube.com/user/justdancegame/videos>

<https://family.gonoodle.com/search?q=dance>



Activity: 10

'Indoor Scavenger Hunt'

Activity: Can you find the items below. Set a clock and complete this as quick as you can!



**AROUND THE HOUSE
SCAVENGER HUNT**

FIND SOMETHING:

☐ blue	☐ that makes a noise
☐ with a nose	☐ green
☐ to sit on	☐ to eat with
☐ that closes	☐ white
☐ turns on and off	☐ that floats
☐ shiny	☐ red
☐ round	☐ rough
☐ to write with	☐ you can see through
☐ you can eat	☐ with eyes
☐ with buttons	☐ brown
☐ to read	☐ with a pattern
☐ that smells	☐ that holds things
☐ squishy	☐ alive
☐ orange	☐ made of metal
☐ made of plastic	☐ crooked
☐ with wheels	☐ that opens
☐ with paws	☐ yellow
☐ black	☐ soft
☐ that lights up	☐ that sinks
☐ square	☐ tells time
☐ purple	☐ you can wear

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Activity: 13

'Jumpathon'

Activity: A variety of jumping activities for you to practice!

- Take part in 3 different jumping activities
- Keep practicing and try to beat your best score

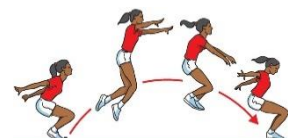
'Speed Bounce'

- As many bounces as possible in 20 seconds
- A 2 footed jump from side to the other. With some form of obstacle in the middle
You could use a scarf or a folded-up tea-towel to create something to jump over
- Both feet must cross over the line in the middle, jump 2 foot to 2 foot over to the opposite side
- Your score is the number of bounces completed in 20 seconds



'Long Jump'

- As far as you can jump
- A 2 footed jump from a standing start
- Bend your knees and swing your arms to propel you forward and further
- Your score is how far you jump from the start position to the back of your feet when you land, mark where you have landed with a toy! Try again and beat your distance.



'Hurdle Relay'

- Find 5 objects that you can jump over to create 'hurdles'
- Set out your 'hurdles' 2 strides apart
- Use a marker for the start line and complete the course – there and back
- Try it again, but this time hop the complete course!
- See how quickly you can complete the hurdles course

Activity: 8

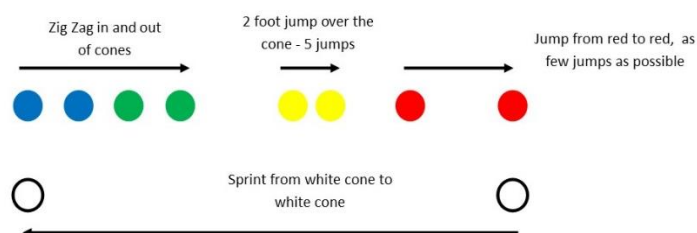
'Wacky Races'

Activity: A variety of races using different movement skills!

- Take part in 3 different races
- Keep practicing and try to beat your best time

'Obstacle Relay'

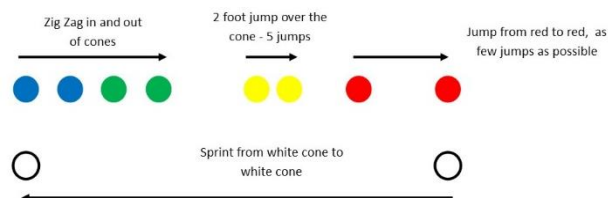
- Set up the course as per the diagram using household objects such as toys for the cones



- Your score is the time it takes to complete the course. To make it harder you can increase the distance for each activity

'Body Relay'

- Set up the course as below using household objects as the cones



- You can only have 1 body part touching the floor, then 2 body parts, 3 body parts and then 4 body parts
- Your score is the time it takes to complete the course.

'Get Inventive'

- Get inventive and come up with your own relay race. Think of different movements and different activities that you could incorporate into the relay course and see what time you get! For example could you do a silly walk race or a bear crawl race!

Activity: 16

'5 Skill Challenge'

Activity: 5 skill challenges testing a variety of skills!

- Take part in 5 different activities, looking at testing a variety of your skills
- Keep practicing and try to beat your best score

'Hit Ups'

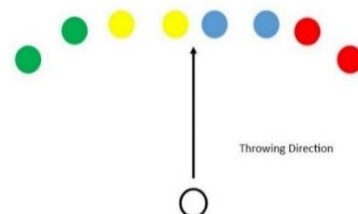
- Using a tennis racket, frying pan, or your hand, see how many hit ups you can do with the ball (no ball use rolled up socks)
- Try and beat your score and try again using your weakest hand to hold the item or do the hit ups!

'Catching Claps'

- Throw the tennis ball (or rolled up socks) in the air and catch it
- See how many catches you can do in 1 minute
- Make it harder by adding 1 clap as the ball is in the air, before you catch it
- To make it harder, keep increasing the number of claps you are doing between the catches

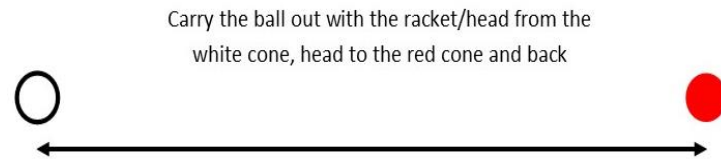
'Overarm Throw'

- Find 8 items such as cups, tins etc to act as targets
- Overarm throw a ball or pair of rolled up socks at items from 10 Strides away. Aim for each target in turn, if you hit it, run and collect the ball and target
- You have 8 throws - how many targets can you hit?



'Balance Course'

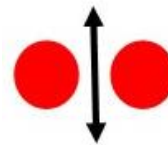
- Line up 2 objects as in the diagram



- Using the tennis racket, large book or upside-down frying pan balance a ball/rolled up socks on top and do not let it fall off as you complete the course
- Make it harder by balancing a pair of socks on your head. Add in objects to zig zag around or cushions to jump over to test yourself
- How long can it take – always try and beat your score

'Balance Bounce'

- Use a folded tea towel to create a line to jump over
- Place a pair of socks on your head



Jump side to side.
Using 2 feet. Keeping
bean bag on head

- See how many jumps you can complete with 2 feet, from one side of the line to the other, keeping the socks on your head
- Your score is the number of bounces you complete with socks on your head

Activity: 20

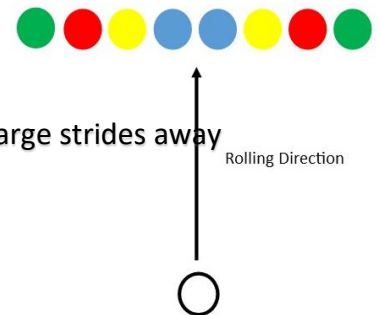
'Tri Target'

Activity: 3 target activities to test out your throwing skills!

- 3 throwing activities to test your rolling/underarm throwing/overarm throwing skills
- You will have different targets to hit with the different throws
- Keep practicing and try to beat your best score

'Rolling a ball'

- Line up 8 household objects such as tins of food
- Roll a small ball (no ball used rolled up socks) at the line of object from 6 large strides away
- Run out and collect the item/s you hit, you have 5 attempts in total!
- Your score is the total number of items you hit



'Bin It'

Set up 3 targets as per the diagram, you could use bins or boxes

- Under arm throw the balls or rolled up socks into the targets, you need 10 ball type items in total
- 1 point for the 1st target, 2 points for the 2nd target and 3 points for the 3rd target
- Your score is the total number of points completed in 10 throws. If too easy, throw from further back



'Noughts and Crosses'

- Make a grid using string or ribbon as per the diagram
- Play with a partner, you need 5 items each, bean bags, rolled up socks etc
- Underarm throw, aim to get three of your items in a row
- First person to get a line of three is the winner
- Vary the type of throw to make it harder

