



Move more bingo!

Move more by trying all the activities on this bingo board.
Colour in the icon for every activity you complete.

I made up a new active game and played it. 	I tried a new activity or sport. 	I enjoyed being active outdoors. 
I moved more during break and lunchtime. 	I did something helpful that got me moving more. 	I played an active game with other people. 
I helped organise or lead an activity. 	I played an active ball game. 	I put together an active routine or dance. 

Bingo!
I'm a move more champion!

