



BISAD Virtual Learning House Activity Challenge

What is it?

This week during your Virtual Learning you have the chance to compete in House Fitness Bingo to help keep you moving and practice a variety of fitness skills while you're at home. There is a bingo board each for KS1 and KS2.

House Points

You can cross off the boxes as you go.

- One box - 1 House Point!
- For every row up or down that you complete - 3 House points!
- Complete the whole board - extra 5 House points!

Photos

Take photos or videos of you completing the challenges and add to your Seesaw to show your teacher. You can also send pictures and videos to the school's social media via dm to our Facebook and Instagram accounts.

Have fun, keep fit and earn points for your House!



THE BRITISH INTERNATIONAL SCHOOL
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BISAD Virtual Learning House Activity Challenge

KS1



Walk, run, scooter or cycle 1KM!



Play a throwing and catching game with your family.



Balance on one leg for 30 seconds.



Make an obstacle course and time yourself completing it.



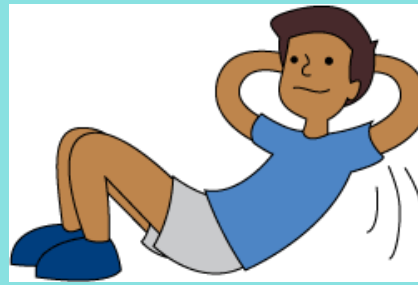
Try a yoga workout at home. You could try 'Cosmic Yoga' on YouTube.



Have an egg and spoon race with someone in your family!



Do 20 sit ups.



Use a skipping rope to skip for 20 seconds.



Play musical statues with your family!



Balance a book on your head for 20 seconds.



Throw a ball in the air and catch it 10 times.



Walk like a crab for 1 minute!



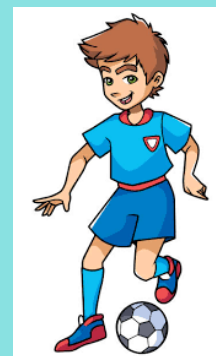
Do a HITT workout. You could try 'P.E with Joe' on YouTube.



Do 20 star jumps in a row.



Make your own football goal. Kick a ball in the goal 10 times.



Bend down and touch your toes 20 times.



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BISAD Virtual Learning House Activity Challenge KS2



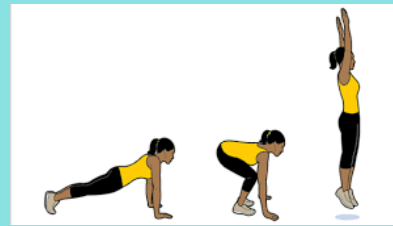
Walk, run, scooter or cycle 3KM!



Play a throwing and catching game with your family.



Do as many burpees as you can in 1 minute x 5 times.



Make an obstacle course and time yourself completing it.



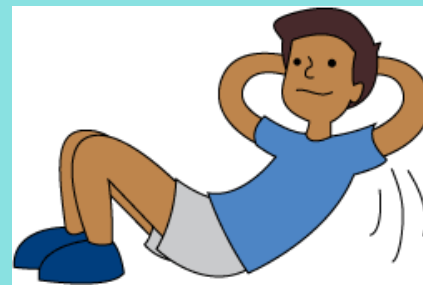
Try a yoga workout at home. You could try 'Cosmic Yoga' on YouTube.



Have an egg and spoon race with someone in your family!



Do 20 sit ups x 5 times.



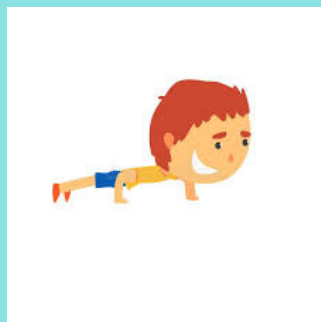
Use a skipping rope to skip for 1 minute x 5 times.



Make up your own Gymnastics routine.



Do as many press up as you can in 1 minute x 5 times.



Make your own basketball hoop. Score 10 balls in the hoop.



Learn to juggle 2 or more objects in the air!



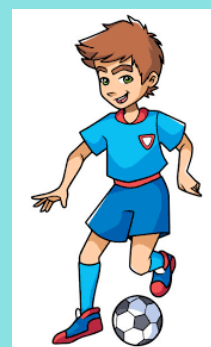
Do a HITT workout. You could try 'P.E with Joe' on YouTube.



Do 50 star jumps in a row.



Make your own football goal. Kick a ball in the goal 20 times.



Visit a swimming pool with an adult and do 5 lengths.



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