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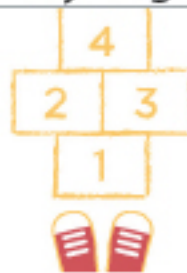
Tennis

Explore
a parkRun with
my dogPlay in the
sprinklerObstacle
course

Fly a kite



Ball hockey



Hopscotch

Chase
bubblesBalloon
volleyballCollect
bugs

Swing

Parent-child
activities/classesDouble
Dutch

Soccer

Swing
to the sky

Hide-and-seek



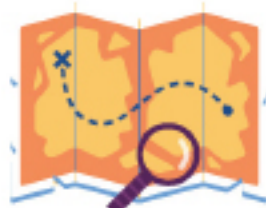
Frisbee



Shoot hoops



Yoga

Swimming with
mermaidsTreasure
hunt

Dance

Water-balloon
fight

Jungle gym

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BINGO IDEAS

It's easy!

- ▶ Each square represents a physical activity.
- ▶ Take up the weekly challenge by completing a vertical, horizontal or diagonal row.

THE CHALLENGE IS EVEN MORE FUN WHEN YOU TAKE IT UP WITH YOUR FRIENDS OR FAMILY! WHICH ROW WILL YOU CHOOSE?