

KIDS FITNESS BINGO

Join a Family Swim	Do 10 Jumping Jacks	Go skating with a friend	Try a stretch pose	Play catch outdoors
Walk 5,000 steps in a day	Bounce in Soft Play	Say hi to a lifeguard	Ice Disco dance-off!	Climb on the Rainbow Castle
Try 10 seconds of balancing	Do 15 Star Jumps	FREE SPACE	Walk or Cycle to MLC	Try a new fruit or veg
Try a skate course trick	Play outside for 30-minutes	Bring a friend to MLC	Join Kids Fitness Bingo!	Make up your own exercise!
Do 10 squats	Swim 1 full length	Try a yoga pose	Colour a healthy hero	Walk 7,500 steps in a day

MLC SUMMER

Complete 5 in a row – across, down or diagonal!
Use stickers, stamps, etc. each time you complete a square

Return your Bingo Card by **13th August** to Reception for a certificate and prize draw entry!
Share your progress using **#MLCKidsChallenge** on social media!

