

## **ACTIVITY BINGO**

Today you get the chance to play activity bingo. You can find the bingo plates in the attachment in both Danish and English. On the bingo plates, below the activities, you find a description of the activity bingo.

This activity is provided by Dansk Firmaidræt that has signed a partnership agreement with SDU Moves.

Have a great weekend!



# ACTIVITY BINGO

Get your colleagues moving and put smiles on their faces!  
Win and get the right to taunt your colleagues.



JUMPING JACKS



LUNGES



DEEP-SQUAT JUMPS



KNEE BENDS WITH SWINGING ARMS



BAD LUCK



JUMP FROM SIDE TO SIDE



ARM SWINGS, FORWARDS ONE ARM AT A TIME



JUMP BACK AND FORTH



ARM SWINGS TO THE REAR TWO ARMS



HIGH KNEE LIFTS



RUN AROUND IN CIRCLES



SPRINT IN PLACE



SQUAT JUMPS



GOLF SWINGS IN THE AIR



TOUCH YOUR TOES



SQUATS



TORSO TWIST FROM SIDE TO SIDE (ROTATE YOUR UPPER BODY)



CLAP YOUR HANDS OVER YOUR HEAD



JUMP ON ONE LEG



ARM SWING TO THE REAR ONE ARM AT A TIME



SKI JUMP



LATERAL BENDS



ELBOW TO KNEE



LUCKY YOU



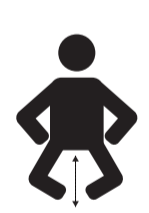
NECK ROLL



ARM SWING, FORWARDS, BOTH ARMS



KICK TO THE REAR



FROG JUMP



POWER SKIPPING IN PLACE



CLAP HANDS UNDER LEG



KICK AND HIT



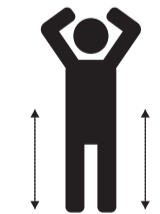
TWIST HOP



EYES CLOSED ON ONE LEG



ARMSVING EACH ARM IN SEPARATE DIRECTIONS



JUMP ON TWO LEGS



WALK IN PLACE

## How to do the activity:

- Free for all.
- Throw two different-coloured dice – everyone starts at the same time.
- Get ready to do the exercise equating to the number of pips on the dice; you must also do the exercise/activity for the number of seconds or the same number of times as the pips on the dice.
- Example 1: Red die (5), black die (3): this means you must 'KICK TO THE REAR' eight times.
- Example 2: Red die (6), black die (6): this means you must 'WALK IN PLACE' for 12 seconds.
- After doing the exercise, mark the square on the board.
- The first to complete a horizontal row on the board wins.

## BAD LUCK:

Squat with your hands over your head for 25 seconds.

## LUCKY YOU:

Choose an opponent who has to remain in this deep squat for 25 seconds.

#BEACTIVE



ARBEJDSPLADSERNES  
MOTIONS DAG



DANSK  
FIRMAIDRÆTS  
FORBUND