Flexi Friday Activity Card

Try some new ways to move and stretch your body with a fun game of bingo! Can you complete a column, a row or a full house?

- Side stretch right
- Touch your toes then twist left
- Kneel and reach back to your ankles
- Stretch up and over to the left
- Legs out wide then reach for your toes
- Bend each arm in turn behind your head
- Make a dish shape
- Touch your toes 5 times
- Lift your feet up and over your head
- Bend right leg into crouch
- Stretch up and over to the right
- Bend left leg into crouch
- Lunge and stretch forwards
- Side stretch left
- Touch your toes then twist right