



BRAMS UNITED TEAM BINGO

LETS SEE WHO CAN GET BINGO?

POINTS:

1 point for each square

10 point for a bingo line
(horizontal, vertical, or diagonal)

50 points for whole card

BONUS 20 Points to the first player to complete all squares and e-mail YOUR COMPLETED CARD to Coach Andrew, Coach Jason, Coach Cyp, Coach John or Coach Richie

B**I****N****G****O**

<p>Research: How many laws of the game are there in soccer?</p> <hr/>	<p>Try something new: Learn a viral dance routine #tiktok #youtube (post on social media and tag Brams United)</p>	<p>Fitness Activity: Do a wall sit for 45 seconds – 3x (post video on social media and tag Brams United)</p>	<p>Communicate: How many people on the team play a musical instrument?</p> <hr/>	<p>Soccer Activity: Do 20 keep ups in a row (post video on social media and tag Brams United)</p>
<p>Try something new: Look outside your window and draw a picture of what you see (post on social media and tag Brams United)</p>	<p>Fitness Activity: Hold a plank for 1 minute (post video on social media and tag Brams United)</p>	<p>Communicate: Learn 3 new things about a teammate?</p> <hr/> <hr/> <hr/>	<p>Soccer Activity: How many “bells” can you do in 1 minute? (post video on social media and tag Brams United)</p> <hr/>	<p>Research: Who is the coach of the Canadian international women’s soccer team?</p> <hr/>
<p>Soccer Activity: Complete 40 toe taps in 30 seconds (post video on social media and tag Brams United)</p>	<p>Communicate: Who on the team has the smallest shoe size?</p> <hr/>	<p>FREE SPACE</p>	<p>Research: Who is the leading female goal scorer in international soccer?</p> <hr/>	<p>Fitness Activity: How many consecutive push ups can you do? (post video on social media and tag Brams United)</p>
<p>Fitness Activity: Complete a virtual yoga or stretch class (youtube, fitness apps, Instagram live etc.)</p>	<p>Research: Find a celebrity who is not a professional soccer player who grew up playing soccer?</p> <hr/>	<p>Try something new: Complete a crossword/suduko/ and or jigsaw puzzle #decisionmaking (post on social media and tag Brams United)</p>	<p>Try something new: Watch a movie you’ve never seen before</p> <hr/>	<p>Communicate: Who on the team has travel the farthest to Brampton?</p> <hr/>
<p>Communicate: What month has the most birthdays on our team?</p> <hr/>	<p>Soccer Activity: Complete continuous bells into rollovers for 30 seconds - 3x (post video on social media and tag Brams United)</p>	<p>Research: When was the first women’s world cup?</p> <hr/>	<p>Fitness Activity: Complete a virtual cardio class (youtube, fitness apps, Instagram live etc.) (post on Social Media and tag Brams United)</p>	<p>Try something new: Make a healthy snack by yourself & snap a pic (post on social media and tag Brams United)</p>

