



Burner Bingo Exercise Sheet

○	Jump rope 50 times
○ ○	Successfully „dunk“ the basketball 3 times using a minitrampoline
○ ○ ○	Finish the obstacle course twice
○ ○ ○ ○	3 Basketball free throw-scores (small players can stand on a box)
○ ○ ○ ○	Shoot down all cans from a box and set them back up again
○ ○ ○ ○ ○ ○	Run 4 laps around the pitch