**Physical & Health Education BINGO** (0409) **(Online)**

Do as many items on this BINGO card as you can.

You choose if these are daily activities or to be accomplished during the week. Whatever you choose to do, give yourself a positive affirmation for your participation!

Please use this copy digitally :)

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| Check out Joe Wicks’ website. He’s giving daily online P.E. classes for kids! (1st Day is: Monday 23rd March 2020) <https://www.youtube.com/watch?v=Rz0go1pTda8> | Watch kids from around the world practice good handwashing.  <https://www.youtube.com/watch?v=_02FuyeCWFU> | Find a space to practice this warm up move. It’s called “Carioca” (care-e-o-key).  <https://www.youtube.com/watch?v=ZR5RGRSl4rM> |
| **A classic dance move!!!!**  (if you want, fast forward to 0:48 seconds)  <https://www.youtube.com/watch?v=n5FXpc1nPr0> | Remember, you are not alone during this time. Others, somewhere in their home, are dancing too!  <https://www.youtube.com/watch?v=95yh8eDT4Iw> | Workout with the YMCA. (suitable for any age)  <https://www.youtube.com/watch?v=bbfu-ZEs4fg> |
| Need to move a little slowly, try this song “One Love” sung by the Neville Brothers.  <https://www.youtube.com/watch?v=CiFdsngTviQ> | Drink one more glass of water each day. | <https://www.youtube.com/watch?v=gpQTmp4A2Kw> |