

Physical & Health Education BINGO (0417) (Online)

Fill out as many items on this BINGO card as you can. You choose if these are daily activities or to be accomplished over the course of the week. Whatever you choose to do, give yourself a positive affirmation for your participation!

<p>Check out Joe Wicks' website. He's giving daily online P.E. classes for kids!</p> <p>(1st Day is: Monday 23rd March 2020)</p> <p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>	<p>Sing along with this handwashing song!</p> <p>https://www.youtube.com/watch?v=gfOHEaHdjo&list=WL&index=2&t=0s</p> 	<p>Workout with the YMCA. (Suitable for 8 to 15 year olds)</p> <p>https://www.youtube.com/watch?v=RPzTI+HfsHk</p> 
<p>It's Conga Time !!!!</p> <p>https://www.youtube.com/watch?v=eeKxQ9LQAB4</p> 	<p>For those country singers and dancers, here's one for you!</p> <p>https://www.youtube.com/watch?v=NTdfwlrYiIo</p> 	<p>We can't forget how important it is to stretch. These moves can be done anytime, and several times a day if needed.</p>  <p>https://www.youtube.com/watch?v=xELgfiXSw-s</p>
<p>Need to move a little slowly, try this song from the Beatles.</p> <p>https://www.youtube.com/watch?v=mc1ta1UMGeo</p> 	<p>Drink one more glass of water each day.</p> 	 <p>https://www.youtube.com/watch?v=iZ2e-xT81JA</p>