

PE/Arts Education BINGO (0424) Offline

Do as many items on this Bingo Card as you can.

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

Please use this copy digitally :)

<p>Sing the song "Row, row, row your Boat".</p>  <p>Now change the words to: "Wash, wash, wash your hands, wash them nice and clean. Rub and rub, scrub and scrub, the best I've ever seen." (x2)</p>	<p>Creature Alphabet: Move and make sounds of as many animals for each letter of the alphabet. Examples: bee, boar, bear, crab, crocodile, crane, crow.</p> 	<p>Try this pose, use it as a moment for strength building and for positive reflection.</p> 
<p>In a doorway, hold this stretch for 10 sec. Add 4 upper body stretches. Add 5 stretches for your legs. Smile and do it again!</p> 	<p>Add the "Box Step" to 3 other favourite dance moves. Play your favourite song, and groove!</p> 	<p>At 9:23am turn the radio to your favourite station, and dance!</p> <p>"Together We Dance!"</p> 
<p>Choose 4 exercises from below, do each one ten times:</p> <ul style="list-style-type: none"> • Jumping Jacks • Squats • Arm circles • Forward Lunges • Side Lunges • High knees • Toe Touches 	<p>Drink one more glass of water each day.</p>  	<p>Roll and ball socks into sock balls! Find an empty box or a hamper. Now you've got a throwing game!</p> <p>Challenges:</p> <ul style="list-style-type: none"> • use your non-dominant hand • throw backwards over your head • place the target further away 

If you are able, go to gloggers.weebly.com to get activities for more PH&E and Music activities.