










Physical & Health Education BINGO (0424) (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/UCAxW1XT0iEJoTYIRfn6rYQ</p>	<p>Tips to help you cope:</p> <ol style="list-style-type: none"> 1. Think of being active, curious, helpful, and playful every day. 2. Use post it notes or a chart to help you through this time. <p>https://activeforlife.com/printable-help-kids-plan-their-own-day/</p>	<p>YGym #1: Total Body Workout for Ages 5-9</p> <p>https://www.youtube.com/watch?v=ORRzXu1hqtE</p> 
<p>Cha Cha Plus !</p> <p>https://www.youtube.com/watch?v=PWiLi22Cq8w</p> 	<p>When you move in an expressive way that includes modern, jazz, and classical ballet, you are dancing in a contemporary way. Try this style while Lindsay Sterling performs the song "Artemis".</p> <p>https://www.youtube.com/watch?v=h0oclM1Yw2A</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>Check out the Harlem Globetrotter's, clap along or get a ball and join in on the fun!</p> <p>https://www.youtube.com/watch?v=-YhQwsw03yk&feature=emb_title</p>   	<p>Drink one more glass of water each day.</p>  	<p>Try this Hip Hop fitness video!</p> <p>https://www.youtube.com/watch?v=ZWk19OVon2k</p> 