

# PE/Arts Education BINGO (0501) (Offline)

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 :)

<p>Try this ballet move, it's called <b>Demi plié!</b></p> 	 <p><b>Coin Catch:</b> Start with one and with each successful catch add one more coin.</p>	<p>Drink one more glass of water each day.</p>  
<p>Try some hand shadow puppets.</p> 	 <p>Have a quiet moment for positive reflection. Think how strong you have been during COVID.</p>	<p>At 9:23am turn the radio to your favourite station, <b>sing out loud</b> and dance!</p>  <p>"Together We Dance !"</p>
<p><b>Inchworm - builds strength and patience:</b> Hands move first, then from plank or front support, feet move.</p>  <p><small>YURIELKAIM</small></p>	<p><b>SEATED CHAIR EXERCISES</b></p> 	<p><b>No Contact Boxing:</b> Warm up before practicing. Open up your stance, knees are loose, and have a go!</p> <p><b>UPPERCUT</b></p>  <p><b>JAB</b></p> 

If you can, go to [gloggers.weebly.com](http://gloggers.weebly.com) to get ideas and links for more PH&E, and Music activities.