

Physical & Health Education BINGO (0501) (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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| <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>Sing along with this handwashing song!</p> <p>https://www.youtube.com/watch?v=GAP8HZdV5Qo</p>  | <p>Beginner workout Thank you YMCA!</p> <p>https://www.youtube.com/watch?v=5XmmCY9Dtsk</p>  |
| <p>It's time to challenge your dance skills - with a kickball change!</p> <p>https://www.youtube.com/watch?v=wYRxtYGkvM</p>  | <p>Add your own dance moves to this Friday Assembly song!</p> <p>https://www.youtube.com/watch?v=XLeUvZvuvAs</p>  | <p>After a workout, you'll need to stretch.</p> <p>https://www.youtube.com/watch?v=cyvuaL_2avY&t=1s</p>  |
| <p>Despite our distance, we are still here for each other.</p> <p>(lyrics provided)</p> <p>https://www.youtube.com/watch?v=rdIPVBvkr-s</p>  | <p>What will my day look like today?</p> <p>♥ WANT TO DO ♥</p> <p>? COULD DO ?</p> <p>★ MUST DO ★</p> <p>Click below:</p> <p>https://activeforlife.com/printable-help-kids-plan-their-own-day/</p> | <p>Learn to juggle!</p> <p>https://www.youtube.com/watch?v=dCYDZDlcO6g</p>  <p>Be patient! (Use something the same size and weight.)</p> |