


# Physical & Health Education BINGO (0508) (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 :)

<p>Check out Joe Wicks' website. He's giving daily online <b>P.E.</b> classes for kids!</p> <p>(1st Day is: Monday 23rd March 2020)</p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p>	<p><b>This music video shows proper handwashing.</b></p> <p>(Oops! They dance and touch their face ?!) Well, we just have to try our best.</p> <p><a href="https://www.youtube.com/watch?v=cOo1WdYPRyc&amp;list=WL&amp;index=4&amp;t=0s">https://www.youtube.com/watch?v=cOo1WdYPRyc&amp;list=WL&amp;index=4&amp;t=0s</a></p>	<p><b>Strength &amp; Conditioning workout for 20 minutes.</b> <b>Thank you YMCA!</b></p> <p><a href="https://www.youtube.com/watch?v=j-Ilq_iZ2ss">https://www.youtube.com/watch?v=j-Ilq_iZ2ss</a></p> 
<p><b>Telling time while I dance?!</b> Move along with this African Dance and you'll also be learning about telling time on this!</p>  <p><a href="https://www.youtube.com/watch?v=Ewqq-3xJfDI">https://www.youtube.com/watch?v=Ewqq-3xJfDI</a></p>	<p><b>Football fans!</b> Now is your chance to perfect your 'Icky Shuffle by Elbert "Icky" Woods'</p>  <p><b>STEP 1</b> Three hops to the right, alternating right and left leg.</p> <p><b>STEP 2</b> Three hops to the left, alternating left and right leg.</p> <p><a href="https://www.shirts.com/blog/p-794-10-nfl-end-zone-celebrations.aspx">https://www.shirts.com/blog/p-794-10-nfl-end-zone-celebrations.aspx</a></p>	<p>Try this cool down after a workout.</p>  <p><a href="https://www.youtube.com/watch?v=5XCQfYsFa3Q">https://www.youtube.com/watch?v=5XCQfYsFa3Q</a></p>
<p><b>Sing along with Common, Colbie Caillat and Elmo.</b></p> <p><a href="https://phecanada.ca/programs/teach-resiliency/resources/belly-breath-elmo">https://phecanada.ca/programs/teach-resiliency/resources/belly-breath-elmo</a></p> 	<p>Over the next week, ask yourself what you will do for your brain and for your body. Take time at the end to consider your choices - did they help or hurt?</p> <p>♥ WANT TO DO ♥</p> <p>? COULD DO ?</p> <p>★ MUST DO ★</p>	<p>Another juggling trick! Cereal boxes will work for this challenge!</p> <p><a href="https://www.youtube.com/watch?v=wSLXtz6PcnE">https://www.youtube.com/watch?v=wSLXtz6PcnE</a></p> 