

PE/Arts Education BINGO (0515) (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>Add something healthy to your water, why not?</p> 	<p>PLAYING CARD FITNESS</p> <p>A-15 JUMPING JACKS</p> <p>Assign an exercise to almost each card in the deck.</p> <p><u>Include:</u></p> <ul style="list-style-type: none"> • K = Water Break • 2 = 2 min rest Rest • 10 = say 'Good on ya Mate' 	<p>Shall We Dance?</p> <p>After sweeping the kitchen floor, put that broom to good use for a second time! It's now your partner!</p>  <p>BANJO</p>
<p>Scavenger Hunt</p> <p>From the window or while physically distancing outside, can you find these items? Use at least two different senses to help you in this scavenger hunt.</p>    	<p>Exercise Board Game Style:</p> <p>Take an element of a board game and add exercise!</p> <p>Example -> Battleship: Exercise #1 for the 'miss'. Exercise #2 for the 'hit'. And everybody moves when it's "You sunk my battleship"!</p> 	<p>At 9:23am turn the radio to your favourite station, sing out loud and dance!</p> <p>"Together We Dance!"</p>  <p>Dabbing!</p>
<p>Roll one die for how many times you do this..</p> <p>Bicycles</p>  <p>1 2</p> <p>and repeat it 10 times</p>	<p>Some days, you need to ask yourself....</p> <p>What will my day look like today?</p> <p>focus on:</p> <p>♥ WANT TO DO ♥</p> <p>? COULD DO ?</p> <p>★ MUST DO ★</p> <p>And remember, tomorrow is a brand new day. You can start over again fresh!</p>	<p>Draw: (Your choice: black and white or use your colours)</p> <p>Choose something from inside or outside your home to draw.</p> 