

# Physical & Health Education BINGO (0515) (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 :)

Check out Joe Wicks' website. He's giving daily online P.E. classes for kids!

(1st Day is: Monday 23rd March 2020)

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Can't resist another dance/workout video!  
Let me hear your ROAR!

<https://www.youtube.com/watch?v=4UTDPILmp8E&feature=youtu.be>



Alternating Strength & Low Impact Cardio  
Thank you YMCA!



<https://www.youtube.com/watch?v=ot32y6dbzwk&list=PLA2C6WTFk7jUYXRoTA9WOTtgT5RhxIhyJ>

Hip Hop to the Clock !



[https://www.youtube.com/watch?v=g6tJAY\\_7AL4](https://www.youtube.com/watch?v=g6tJAY_7AL4)

For our other Football fans, there is a dance for you too!



[https://www.youtube.com/watch?v=gCzgc\\_RelBA](https://www.youtube.com/watch?v=gCzgc_RelBA)

After you exercise, listen to this video to give thanks to your body and to you for making healthy choices!

[https://www.youtube.com/watch?v=96QgrM\\_2YS8&list=PLiaUKiwbiHMQDQLCXoPaMMYotIdKIUQCw&index=10](https://www.youtube.com/watch?v=96QgrM_2YS8&list=PLiaUKiwbiHMQDQLCXoPaMMYotIdKIUQCw&index=10)



Improve your mood and "Sing a Song !" Plus, there is a mystery to solve about the SS street sign.

<https://www.youtube.com/watch?v=7cEZVzsPUGY&t=118s>



Watch it all the way through the credits!

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?

♥ WANT TO DO ♥

? COULD DO ?

★ MUST DO ★

