




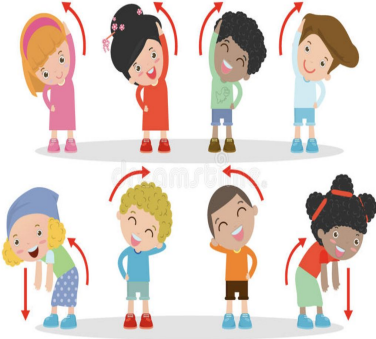
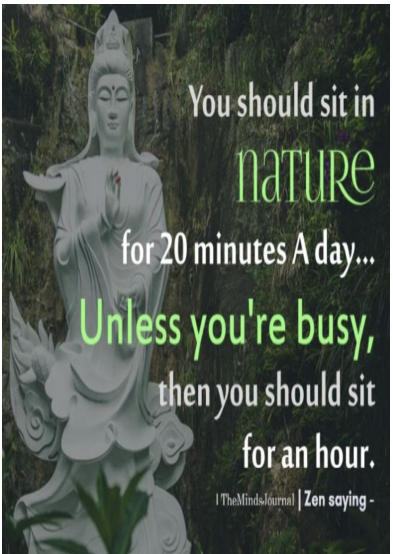


Physical & Health Education BINGO (0522) (Online)

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 P.E. classes for kids!</p> <p>(1st Day is: Monday 23rd March 2020)</p> <p>https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>	<p>Clap it Out...</p> <p>And dance it out ... to syllables!</p> <p>https://www.youtube.com/watch?v=psUPYR235O8</p> 	<p>Thank you YMCA!</p>  <p>https://www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ</p>
<p>Space Jam Dance !</p> <p>https://www.youtube.com/watch?v=zOevAuWFIPs</p> 	<p>Bring Sally Up, Bring Sally Down Challenge</p> <p>https://www.youtube.com/watch?v=bql6sIU2A7k</p> <p>Next time you do this challenge, change the activity.</p> <p>Think about: Planks, knee push ups,</p>	<p>For your Back and Upper Body - give it a stretch!</p> <p>https://www.youtube.com/watch?v=iF0d6tX4j_Y</p> 
 <p>Go Outdoors with Jason Mraz!</p> <p>Add a step touch or let your arms swing as big as Big Bird, while you're grooving to this remake.</p> <p>https://www.youtube.com/watch?v=ZrqF7yD10Bo</p>	<p>Eleven Minute Circuit Workout (no equipment necessary!)</p> <p>https://www.youtube.com/watch?v=97QFX3w1E4</p> 	 <p>You should sit in nature for 20 minutes A day... Unless you're busy, then you should sit for an hour.</p> <p><small>! TheMindsJournal Zen saying -</small></p>

If you can, check out the PE website from Pearson Elementary @ mrmurrayphe.weebly.com