

PE Bingo !



complete a Joe Wicks workout



dance



do some yoga



breathing exercises



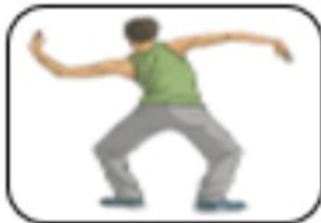
go for a walk



stretches



star jumps



zumba



go for a jog

Here are some links to help you with the exercises.

https://www.youtube.com/watch?v=ybn_SO990go

<https://www.youtube.com/watch?v=Ojblhvzvjsk>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/watch?v=ZwJ9pGxJKGc>

<https://www.youtube.com/watch?v=GbG7JFRZc7w>

<https://www.youtube.com/watch?v=l-SFdhVwrVA>

<https://www.youtube.com/watch?v=7FCNFuyyWTA>

https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg

Take a picture of yourself completing the activity and send it to your teacher. If you get Bingo (3 in a row horizontal, diagonal or vertical) you'll get a digital Redbridge Sports Award Certificate. Have Fun!

Dave Teacher Class 16