

K-3 BINGO PE/MUSIC

MARCH 23 - APRIL 10

<i>Music</i>	<i>Health</i>	<i>PE</i>	<i>Music</i>	<i>Health</i>
Listen to Vivaldi's "Spring". Draw a picture to show what the music makes you feel.	Make a healthy recipe with a family member	Ball handling skills (times 20 each): pass the ball around your waist, pass the ball from one hand to the other, try to spin the ball on your finger, roll the ball around your feet	Watch a musical movie. Write the name here: _____	Drink at least 6- 8 glasses of water in one day
Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____
<i>PE</i>	<i>Music</i>	<i>PE</i>	<i>PE</i>	<i>pe</i>
Do as many rounds possible: 20 arm circles, 20 jumping jacks, 20 line jumps, 20 high knees (repeat)	Interview a family member. Ask them about their favorite music and why it is their favorite.	Create your own game using equipment from recycled material then play it with a family member	Teach your family a playground game in your backyard	Do an outdoor activity of your choice in your backyard
Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____
<i>Health</i>	<i>PE</i>		<i>Music</i>	<i>Health</i>
Perform a random act of kindness for your family members	Talk on the phone with an older relative and learn about what games they enjoyed playing when they were your age.		Listen to the radio and sing along while you help with some chores.	Enjoy a family board game night or spend time together to create something
Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____
<i>PE/MUSIC</i>	<i>Music</i>	<i>music/PE</i>	<i>PE</i>	<i>Music</i>
Choose two dances from this site.	Ask each family member for their favourite song and have a lip sync battle at home. Dance and perform it	Dance with all your heart to your favourite song	Throwing practice: Use a ball to bounce off the ground and catch 20 times, pass a ball with a partner 20 times, throw against a target 20 times, self toss and catch 20 times	Pick a song and practice the steady beat with someone at home. They have to follow you!
Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____
<i>Music</i>	<i>HEALTH</i>	<i>Music</i>	<i>Health</i>	<i>PE</i>
Play a clapping game with someone at home. Take turns clapping patterns and repeating them!	Explore this website with an adult.	Play some games on here for 20 minutes	Eat more than 5 fruit and veggies toady.	Choose a yoga video from this site.
Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____	Initial____ Date____

Directions: Challenge you and your family to finish the PE/Music BINGO throughout the next 3 weeks. Make sure you mark off the square each time you accomplish one and have your parents initial. If you want to share your progress with your teachers feel free to email sbrooke@lssd.ca or kdauteuil@lssd.ca. You are also welcome to tweet us at @MsBrookesclass @kristygregg4 and share with us!

Parent/ Guardian signature _____