



HIVECLASS MOVEMENT BINGO



GET ACTIVE AND MOVING THIS SEASON.

Log in to your **HiveclassDigital** account and explore new skills and videos to help support your mind+body wellness.

Using this bingo card, challenge yourself to explore new areas of movement and wellness. After completing each activity on this card, put a sticker on it or color in the square. Want to make it more challenging? Make it a group activity with your friends and family to see who can learn the most!



LEARN THE FIGHT STANCE (Self-Defense > Punches)	TRY A BREATHING EXERCISE (Mindfulness > Breathing)	WORK ON YOUR FOOTWORK (Basketball > Footwork)	PRACTICE THE TREE POSE (Yoga > Balancing Poses)	HOW FAR YOU CAN REACH WITH THE SHOULDER STRETCH (Fitness > Fitness Test Practice)
WARM UP WITH A STRETCH (Fitness > Flexibility)	TRY THE KICK CROSS STEP IN DANCE (Dance > Hip Hop)	LEARN ABOUT THE CULTURE OF FOOD (Nutrition > The Culture of Food)	WORK ON BALANCE - LATERAL BOUNDS (Field Hockey > Workouts)	IMPROVE YOUR FOOTWORK WITH SIDE SHUFFLES (Lacrosse > Warm-Ups)
PRACTICE THE FLUTTER KICK ON BACK (Aquatics > Workouts)	LEARN ABOUT GYM SAFETY (Strength & Conditioning > Upper Body)		LEARN THE PIKE POSITION (Gymnastics > Positions & Rolls)	LEARN THE PEACEFUL WARRIOR POSE (Yoga > Strengthening Poses)
WATCH THE PICKLEBALL FOUNDATIONS VIDEO (Pickleball > Forehand)	IMPROVE FLEXIBILITY WITH FRANKENSTEINS (Soccer > Warm-Ups)	WORK ON OVERHEAD PUNCHES (Brain Breaks)	LEARN HOW TO DO A JETÉ (Dance > Jazz)	PICK ANY OF THE STRETCHES (Brain Breaks)
PRACTICE B-SKIPS FOR SOME CARDIO (Volleyball > Warm-Ups)	WORK ON YOUR FRONT KICK (Self-Defense > Kicks)	FOLLOW THE BOTH ARMS SWING VIDEO (Tennis > Basic Strokes)	GET YOUR HEART RATE UP WITH FAST FEET (Strength & Conditioning > Workouts)	FOLLOW A MINDFUL MOVEMENT VIDEO (Mindfulness > Movement)





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