

Hello students!! Welcome to online PE.
My name is Mr. Adrian and I will be
your physical education teacher this
year. Please follow along the slide show
to learn about class.

To learn about
more about Mr.
Adrian:

**CLICK
HERE**





About Me:

- 3rd year teacher at Mill Park Elementary
- Taught 1 year in Bangkok, Thailand
- I've coached basketball and tennis
- My hobbies include hiking, reading, wakeboarding, snowboarding, watching sports, and being outside

Mr. Adrian

tanner_adrian@ddsd40.org

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Virtual PE

Week 1: A

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

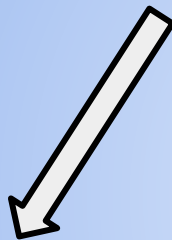
1. Online Expectations
2. Example lesson
3. Batman Workout
4. Healthy living Tip



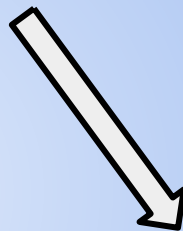
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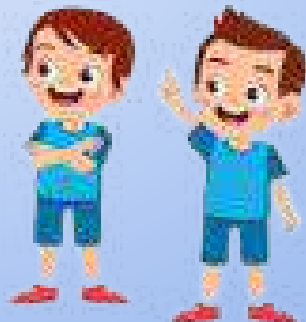
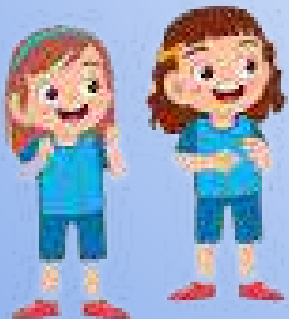
P.E.



Physical



Education



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Online PE Expectations

Please look at our PE expectations on the next few slides.

S.H.A.P.E. AMERICA'S NATIONAL STANDARDS FOR PHYSICAL EDUCATION

STANDARD #1:

I CAN MOVE CORRECTLY & HAVE THE SKILLS TO PLAY



STANDARD #2:

I KNOW & USE MOVEMENT STRATEGIES IN GAME PLAY



STANDARD #3:

I EXERCISE REGULARLY & KNOW HOW TO SET IT



STANDARD #4:

I PLAY FAIR



STANDARD #5:

I VALUE PHYSICAL ACTIVITY, FITNESS & HEALTH



PE National Standards

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PE Expectation #1: Try your best



PE Expectation #2: Be Ready to Learn



PE Expectation #3: Find Your Space



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PE Expectation #4 Respect





Who created Football:
Walter Camp

Sport of the week:
American **Football**

When was the first football game:
1869 - 142 years ago

Key words in Football:

- Tackle
- Pass
- Run
- Throw

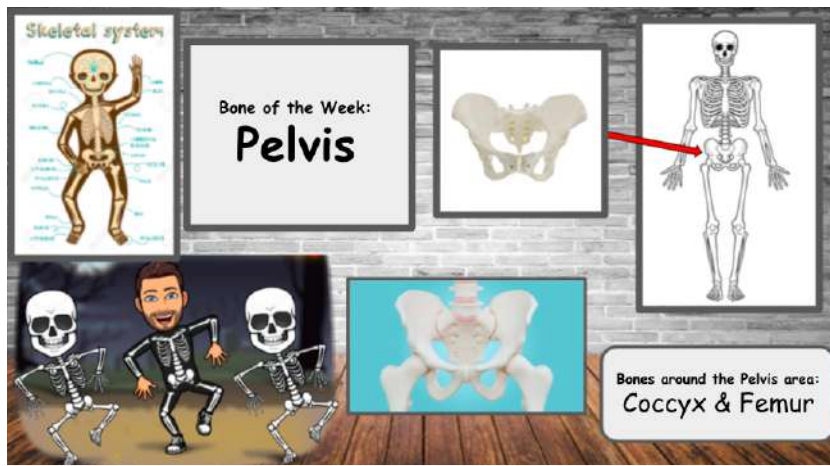
EXAMPLE

A collage of football-related images. On the left, a photograph of football players in action on a green field. In the center, a large red stamp with the word 'EXAMPLE' in a stylized font. On the right, a cartoon character of a man in a red shirt and blue pants running. Below the character is a football on a green field.

Sport of the Week

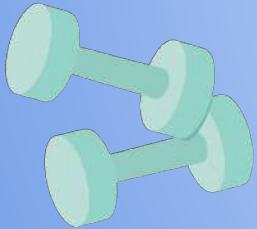
We will be learning about different sports from around the world each week! Some you may have heard of, others will be new to you

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Muscles & Bones of the Week

We'll be learning different muscles and bones throughout the year. We will review what muscles we are using during different exercises.



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Week 28: P.E. Comprehensive Distance Learning

Mr. Adrian - Fill out this form once you completed your asynchronous assignment. If you miss live PE, fill out this form to receive credit for PE this week.

* Required

Teacher *

Choose

Student Name *

Your answer

Click all the activities you completed. *

- ☐ Scavenger Hunt
- ☐ Nike Playlist
- ☐ Pokemon Fitness
- ☐ Your own 30 minute exercise

If you picked your own 30 exercise, tell me what you did.

Your answer

Please rate yourself based on how hard you tried during the activities: *

	COACH: I am able to perform all the skills without any breaks, I can create new challenges for myself, and I will do the activity again
	CAPTAIN: I am able to perform all the skills without taking any breaks and with very few mistakes
	TEAMMATE: I am able to complete the activity, but I made a few mistakes or had to take a break
	ROOKIE: I am still getting used to the activity, and I am having some trouble finishing the challenges

- ☐ Coach
- ☐ Captain
- ☐ Teammate
- ☐ Rookie

What is one activity you will do this week to stay active?

Your answer

Questions or Comments

Your answer

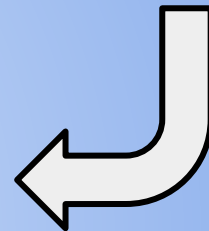
Submit

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Google Forms

Weekly Google Form



Each week students will fill out a Google Form to earn their participation points.



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There will be different videos to follow along with to improve our fitness and practice skills



Batman Workout

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Easy Ways To Exercise Everyday



Go on a Walk



Play with your
pets



Dance to Music



Play on the Swings
& Playground



Jump Rope &
Jumping Jacks



Play Sports



We'll end with a healthy living tip. This is a great time to drink some water and learn how to keep our bodies healthy!



Healthy Living Tip:
Brushing Your Teeth

You finished the first lesson, great job!!
Thank you for trying your hardest. Make
sure that drink plenty of water to keep
your body hydrated.



DRINK MORE
WATER!

