

Virtual PE

Week 1: B

With Mr. Adrian

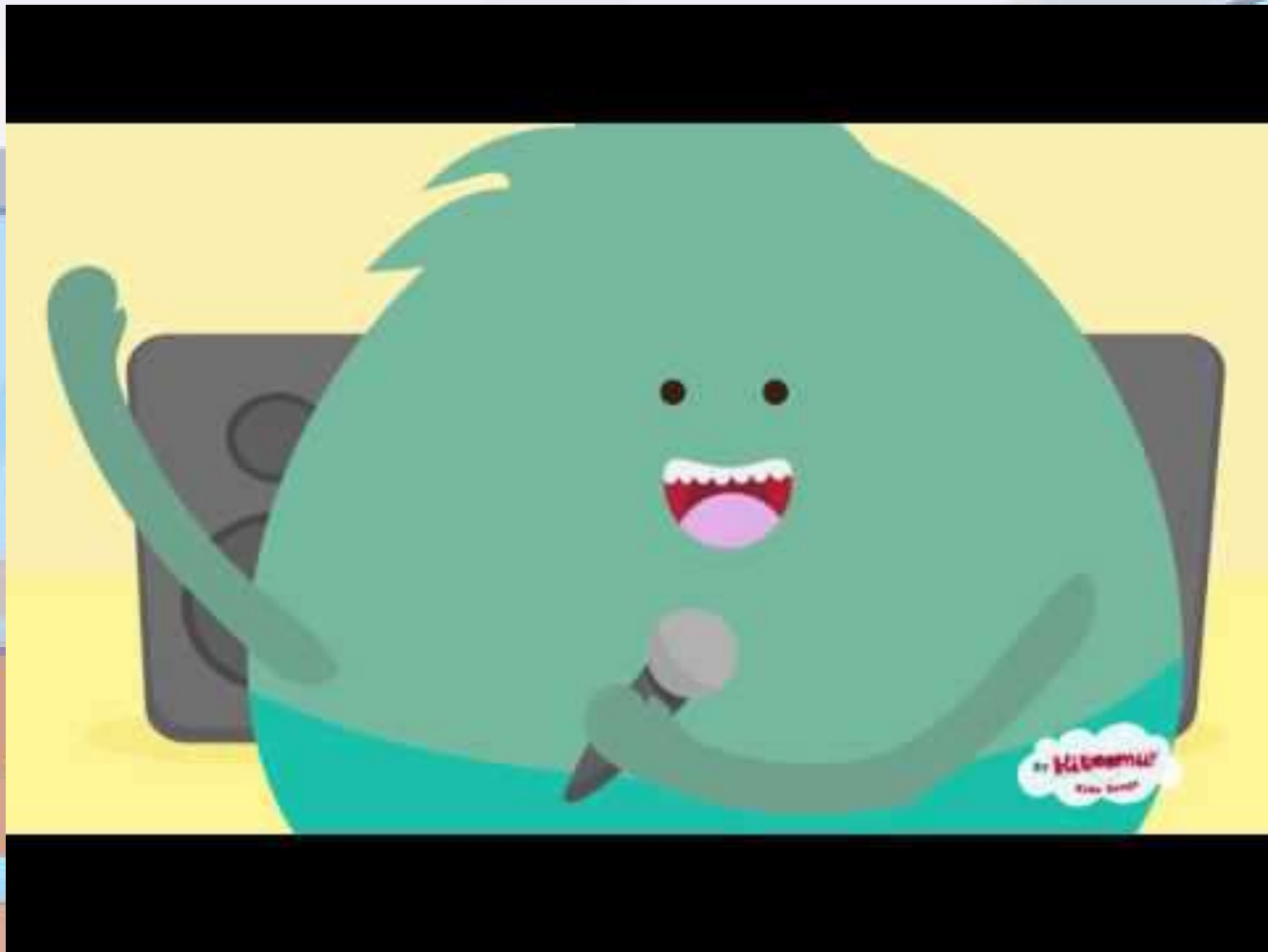
tanner_adrian@ddsd40.org

Schedule:

1. Freeze Dance Warm Up
2. Guess Who
3. Healthy Eating
4. Soup Ninja



Freeze Dance Warm Up





#Healthy
LIVING

HEALTHY EATING





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

