

Virtual PE

Week 10: A

With Mr. Adrian

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Schedule:

1. Muscle of the Week
2. Minecraft Warm Up
3. Tik Tok Fitness
4. Fire Dodge
5. Healthy living Tip

*If videos aren't working,
double check you are using
DD email while viewing



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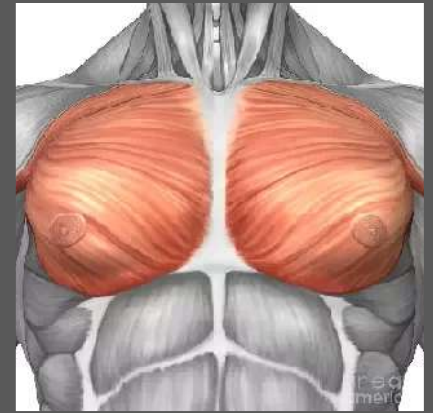
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"Present"

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Muscle of the Week:

Pectoral (Pecs)



When do you use your Pec:

- Push Ups
- Should Touches



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MINECRAFT FITNESS CHALLENGE



Minecraft Warm Up



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FLOP

Close the gate



TikTok



BOP

Open the gate



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Fire Dodge



Next Slide

GET ACTIVE GAMES
RSD ONLINE

FIRE DODGE CHALLENGE

BENEFITS OF WALKING

TRY TO WALK EVEN IF IT IS FOR 30 MINUTES. THIS WILL HELP:



Strengthen Bones & Muscles



Cut the Risk of Diabetes



Improve Mood



Cut out risk of some Cancers



Improve Heart Health



KNOW HEALTH

Sasta Sundar
health & happiness

COLOSSAL QUESTIONS

WHY IS A MILE
5,280 FEET?

peacock kids

HEALTHY HABITS For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY ENERGETIC

- Eat nutritious food daily: fruits, vegetables, grains.

STAY HAPPY

Make good choices every day for a happy, healthy YOU!



Healthy Living Tip:

Walking Everyday