

Virtual PE

Week 10: A

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

1. Character Trait of the Week
2. Minecraft Warm Up
3. Level Up
4. Fire Dodge
5. Healthy living Tip

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



HOME RUN



Click
"Present"

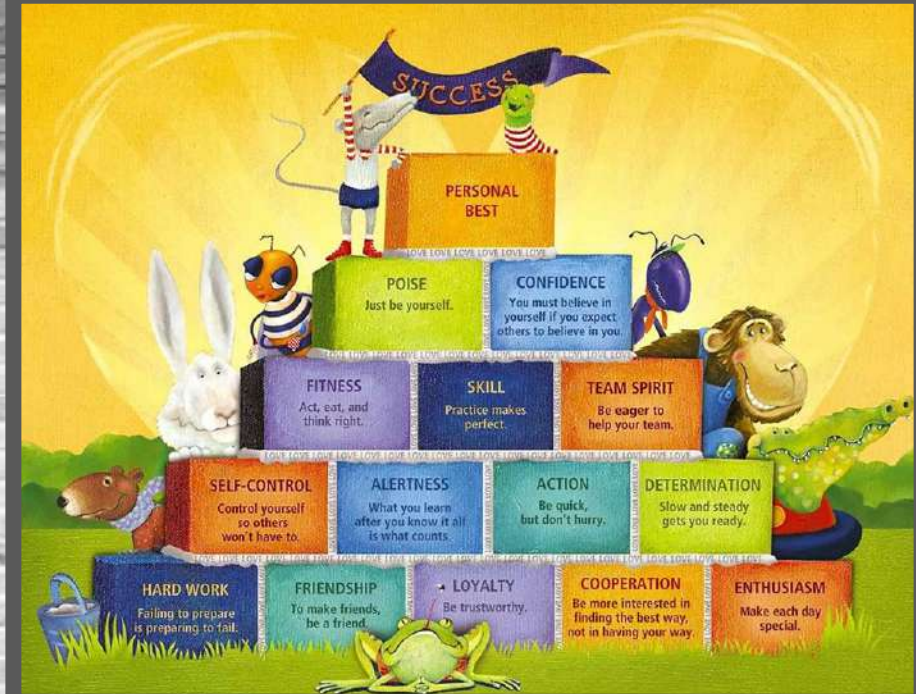
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Character Trait of the Week:

Action



Next Slide



Action: be quick, but don't hurry

Which is an example of:

Action



A

Picking up and Recycling



B

Littering

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Which is an example of:

Action



A

Picking up and Recycling



B

Littering

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MINECRAFT FITNESS CHALLENGE



Minecraft Warm Up



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Level Up!



Video Game Workout for Kids

Level Up!



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Fire Dodge



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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