

Virtual PE

Week 11: A

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

1. Character Trait of the Week
2. Space Chase
3. Level Up 2
4. Turkey Ninja
5. Healthy living Tip

*If videos aren't working,
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Click
"Present"

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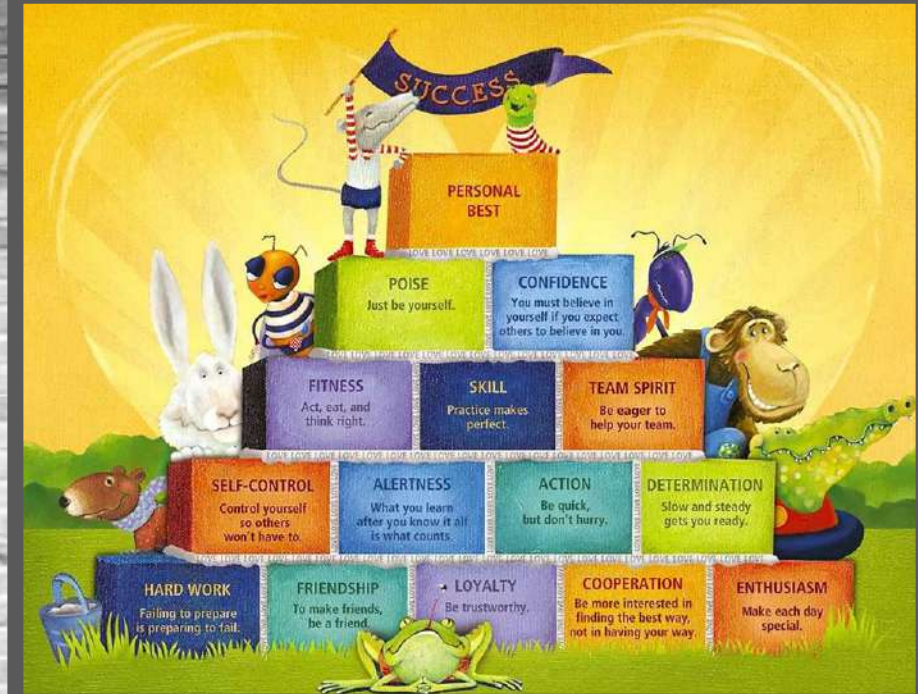
Character Trait of the Week:

Determination

DETERMINATION



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Determination: slow and steady gets you ready

Which is an example of:



Determination



A

Always eating unhealthy



B

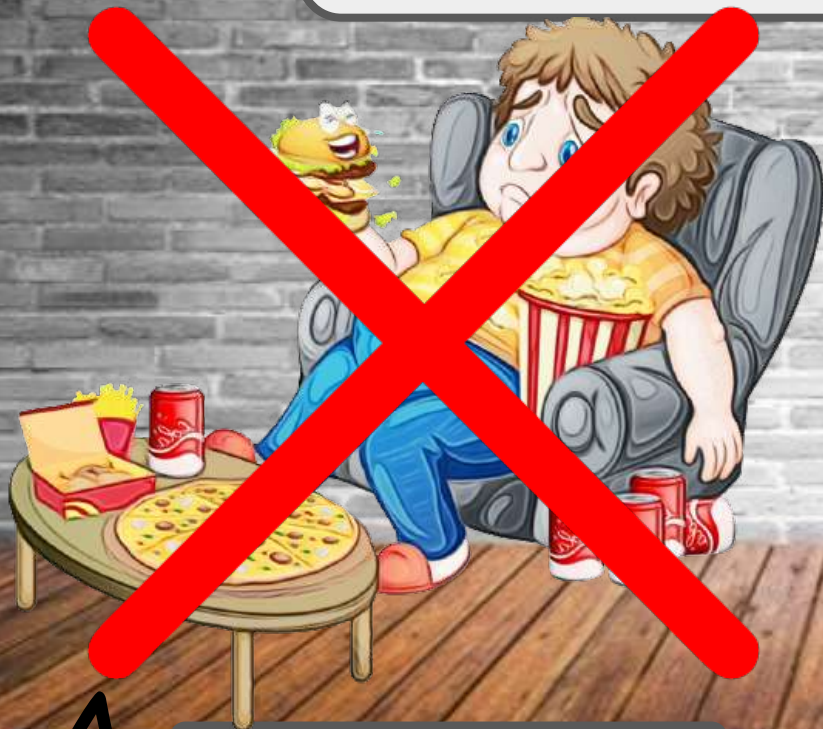
Working on being healthy

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Which is an example of:

Determination



A

Always eating unhealthy



B

Working on being healthy

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Space Chase



Space Chase



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Level
Up 2



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Turkey Ninja



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Tips for Controlling Body Odor



Bathe daily



Shower after sweating



Wash all parts of your body



Wear clean underwear, socks and clothes daily



Sport loose-fitting cotton clothing



Watch for dietary causes of body odor, like garlic

COLOSSAL QUESTIONS

WHAT IF YOU NEVER SHOWERED?

DREAMWORKStv



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 ENERGIZED

- Eat nutritious meals daily. Include food groups: dairy, vegetables, fruits, proteins, grains.

STAY HAPPY

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



Healthy Living Tip:

Personal Hygiene