Virtual PE

Week 13: A

With Mr. Adrian tanner_adrian@ddsd40.org

Schedule:

- 1. Muscle of the Week
- 2. Jurassic Chase
- 3. Yoga Freeze Dance
- 4. Spider-verse Workout
- 5. Healthy living Tip

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





Muscle of the Week:

Deltoid









How to workout our Deltoid?

- Shoulder Touches
- Planks

























STAYELL

• Gel about eight hours of sleep each night. • Do same form of exercise

STAY HAPPY

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



Practice good hygicne by keeping yourself clean and germ free.

• Eat nutritious meals and snacks daily, include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

• Wear proper gear when playing sports, or riding in a car,

