

# 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



Click  
“Present”

Next Slide





## Muscle of the Week: Deltoid



How to workout our Deltoid?

- Shoulder Touches
- Planks



Next Slide



# Jurassic Space



# Jurassic Space



Next Slide





# YOGA FREEZE DANCE #2

# Yoga Freeze Dance



Next Slide



Next Slide

# SPIDER- VERSE WORKOUT



#GETKIDSMOVING    You Tube

# Spider-verse workout





Healthy Living Tip:

Be happy with your size