

Virtual PE

Week 13: B

With Mr. Adrian

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Schedule:

1. Nike Playlist
2. Name Stretching
3. Among Us Chase
4. Lava Balance Challenge



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NIKE PLAYLIST

AT HOME

SPORTS LAB

WITH

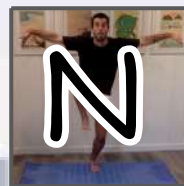
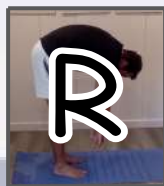
KHRIS MIDDLETON

SHAKE-UPS

Nike Playlist



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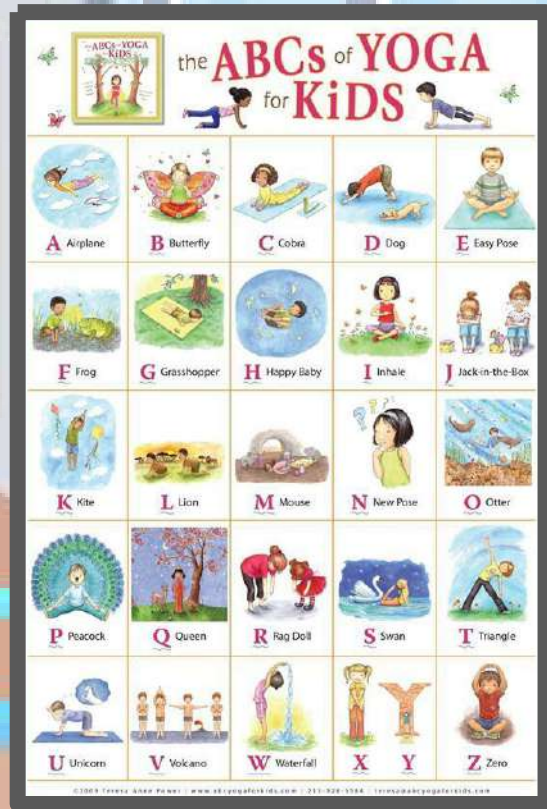


Use the alphabet to the right to spell out your name! Hold each pose for 15 seconds, try all of the letters.

I'm Flexible



 **Name**
Stretching



AMONG US CHASE 3D



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Love Balance Challenge



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Great job students! Please fill out this [GOOGLE FORM](#) when you are done! Click the word Google Form above to open.



Watch this awesome Late for School Parkour!