

Virtual PE

Week 14: A

With Mr. Adrian

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Schedule:

1. Character Trait of the Week
2. Elves on the Run
3. Snow Ninja Challenge
4. Winter Fitness Wheel
5. Healthy living Tip

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



Click
"Present"

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Word of the Week:

Skill



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Skill: practice makes perfect

Which is an example of:



Practicing a Skill



A

Practicing Soccer



B

Watching Soccer on TV

Next Slide

Which is an example of:



Practicing a Skill



A

Practicing Soccer



B

Watching Soccer on TV

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Elves On The Run!

*An Interactive
PE Warm Game!*

Elves on the Run



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Ninja Warm Up

These moves
are for
fitness only!



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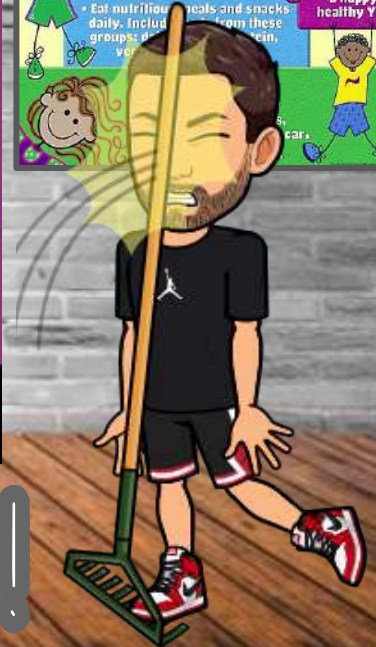
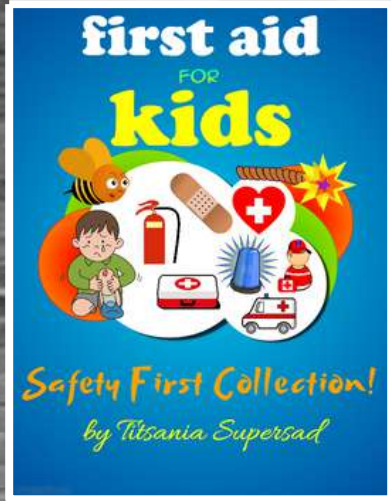
Winter Fitness Wheel



Click on the wheel and follow the link. Spin the wheel and complete the fitness activity. Spin the wheel as many times as you are old. For example: 7 years old = 7 spins, 10 years old = 10 spins, 94 years old = 94 spins



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Healthy Living Tip:

Take care of yourself!