Virtual PE Week 15: A

With Mr. Adrian tanner_adrian@ddsd40.org

Schedule:

- 1. Snow Fright
- 2. Ninja Warm Up 2
- 3. Yoga Freeze Dance
- 4. Winter Fitness Wheel
- 5. Healthy living Tip

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



Snow Fright



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State Water Up 2

These moves are for fitness only!



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