

Virtual PE

Week 15: A

With Mr. Adrian

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Click
"Present"

Schedule:

1. Character Trait of the Week
2. Ninja Warm Up 2
3. Yoga Freeze Dance
4. Winter Fitness Wheel
5. Healthy living Tip

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

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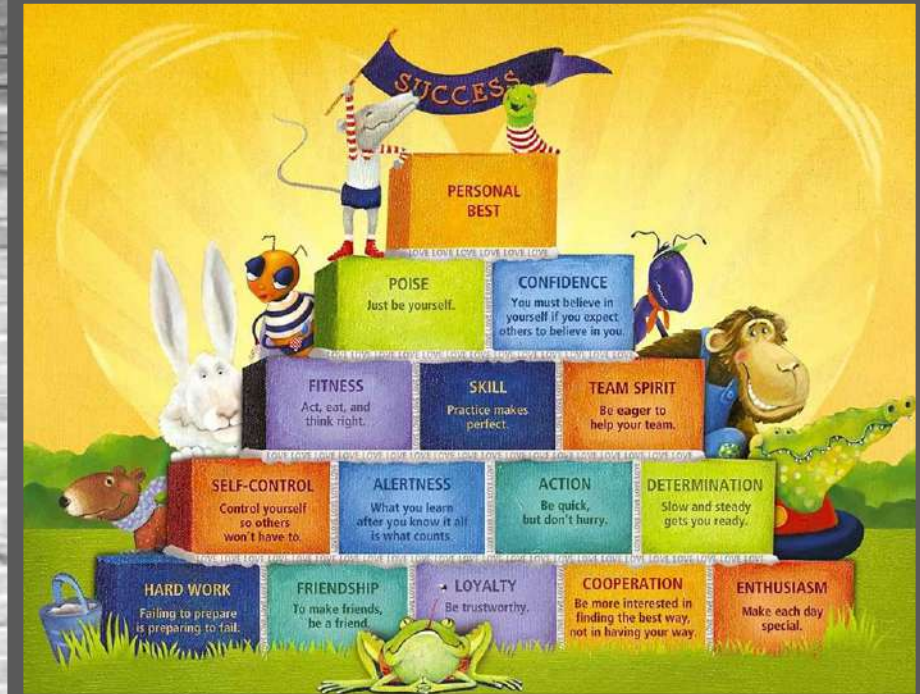
Word of the Week:

Team Spirit

TEAM



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Team Spirit: be eager to help your team



Which is an example of:

Team Spirit



A

Celebrating as a Team



B

Complaining to the refs

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Which is an example of:



Team Spirit



A

Celebrating as a Team



B

Complaining to the refs

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Ninja Warm Up 2

These moves
are for
fitness only!



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SNOW NINJA CHALLENGE 2



Freeze Dance



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



EAT WHOLE
DRINK WATER
stay ACTIVE
BE HEALTHY

Active and Healthy Lifestyle



HEALTHY HABITS

For Healthy Kids

- STAY FIT**
 - Get about eight hours of sleep each night.
 - Do some form of exercise every day: run, walk, stretch, play.
- STAY HEALTHY**
 - Practice good hygiene by keeping yourself clean and germ free.
- STAY ENERGIZED**
 - Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.
- STAY HAPPY**
 - Make good choices every day for a happy, healthy YOU!
- STAY SAFE**
 - Wear proper gear when playing sports, bicycling, or riding in a car.
 - Obey safety rules.

Healthy Living Tip:

Be Active and Healthy

