

Virtual PE

Week 16: A

With Mr. Adrian

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Click
"Present"

Schedule:

1. Among Us Chase
2. Snowboard Workout
3. Balloon Pop 2
4. Healthy living Tip

Next Slide

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

happy
new
year!



AMONG US CHASE 3D




Next Slide



Snowboard Workout



Next Slide

A close-up photograph of a deck of playing cards. The cards are fanned out around the edges of the frame, showing various suits and numbers. The central area is a plain white background where the text is located. The cards visible include the Ace of Diamonds, 2 of Diamonds, 6 of Clubs, 10 of Hearts, 5 of Spades, 9 of Hearts, 10 of Clubs, 3 of Hearts, 9 of Clubs, 3 of Hearts, 10 of Spades, 4 of Clubs, Ace of Spades, 7 of Hearts, 6 of Spades, 5 of Clubs, 8 of Diamonds, 6 of Spades, Jack of Diamonds, King of Spades, 7 of Spades, 2 of Clubs, 3 of Diamonds, 7 of Spades, 4 of Spades, 5 of Diamonds, 2 of Clubs, 10 of Diamonds, 2 of Spades, King of Hearts, Jack of Clubs, 6 of Diamonds, 8 of Clubs, 7 of Diamonds, King of Diamonds, King of Clubs, 2 of Spades, 8 of Spades, 2 of Hearts, Jack of Spades, 9 of Diamonds, 3 of Clubs, 7 of Clubs, Ace of Clubs, and Ace of Spades.

DECK OF CARDS WORKOUT

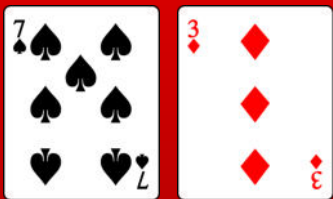
Click here!



How to Play:

- Click the deck of cards to the left to open up a random card generator. Or play with your own cards!
- Draw a card, and perform an exercise for whatever card you pull
- Look at the next slide to learn about what exercises to do
- Repeat as many times as years you are old. Example: 5 times for 5 year old, 9 times for 9 year old, 37 times for 37 year old





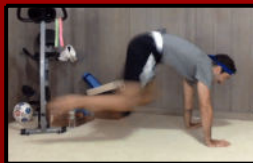
Numbered Cards = Complete
that number of reps



Face Cards (Jack, Queen, or
King) = 10 repetitions



Hearts = Shoulder Touches



Clubs = Mountain Climbers



Diamonds = Jumping Jacks



Spades = Crab Kicks



Click the
Aces to
open cards



EAT **WHOLE**
DRINK **WATER**
stay **ACTIVE**
BE HEALTHY

COLOSSAL
QUESTIONS

WHAT WAS
THE FIRST
SPORT?



Healthy Living Tip:

Find a Activity You Enjoy

