

Virtual PE

Week 2: A

With Mr. Adrian

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Schedule:

1. Character Trait of the Week
2. Yoshi Warm Up
3. Freeze Dance
4. Healthy living Tip

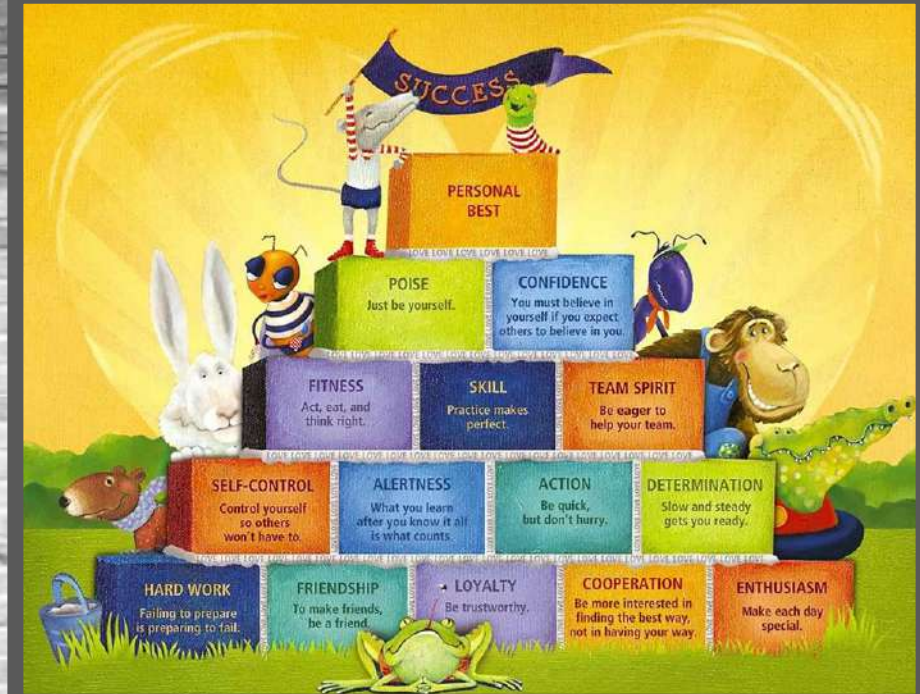


Click
"Present"

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Character Trait of the Week:

Hard Work



Hard Work - failure to prepare is preparing to fail

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Which is an example of:

HARD WORK



A

Watching TV all day



B

Mowing the grass

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Which is an example of:

HARD WORK



A

Watching TV all day

B



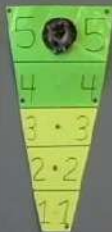
Mowing the grass

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- 1 Jog
- 2 High Knees
- 3 Jump
- 4 Side Steps
- 5 Jog
- 6 High Knees
- 7 Jump
- 8 Side Steps

P.E.



Legs Spread - Reach

Yoshi Warmup

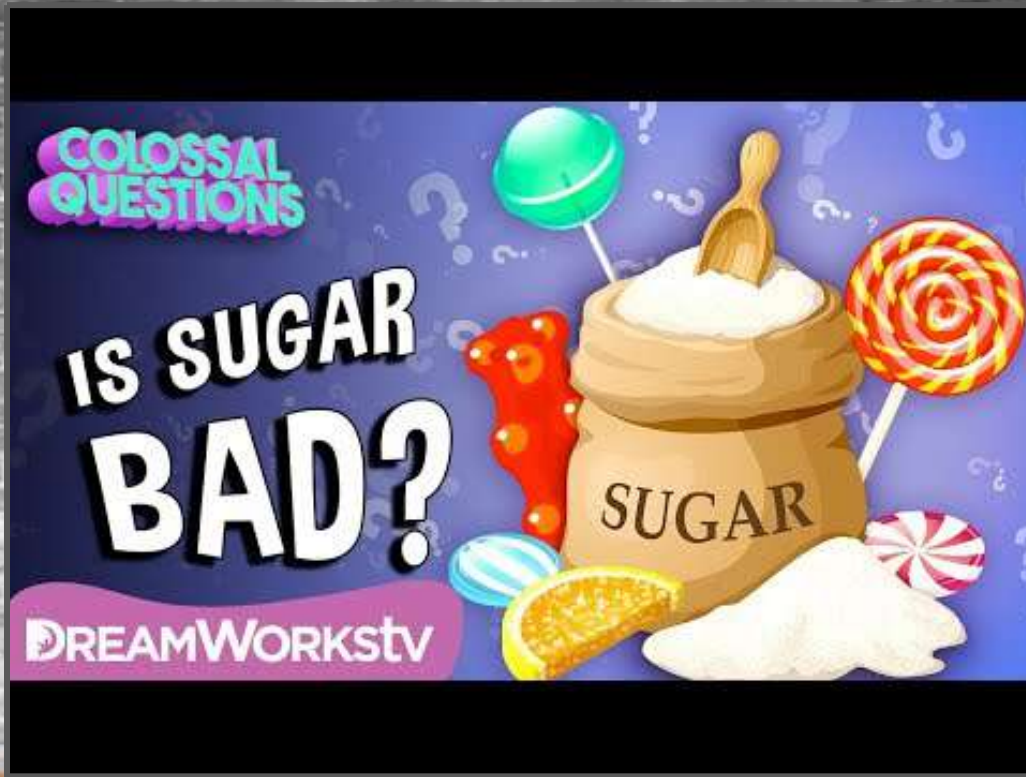
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Freeze Dance



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Healthy Living Tip:

Limit Your Sugar