

Virtual PE

Week 3: A

With Mr. Adrian

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Schedule:

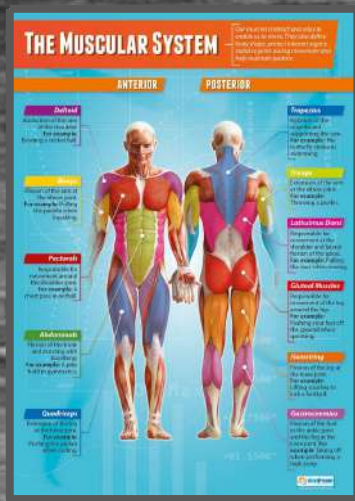
1. Muscle Trait of the Week
2. Jedi Warm Up
3. Ninja Run
4. Would You Rather
5. Healthy living Tip



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"Present"

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Muscle of the Week: Quadriceps (Quads)



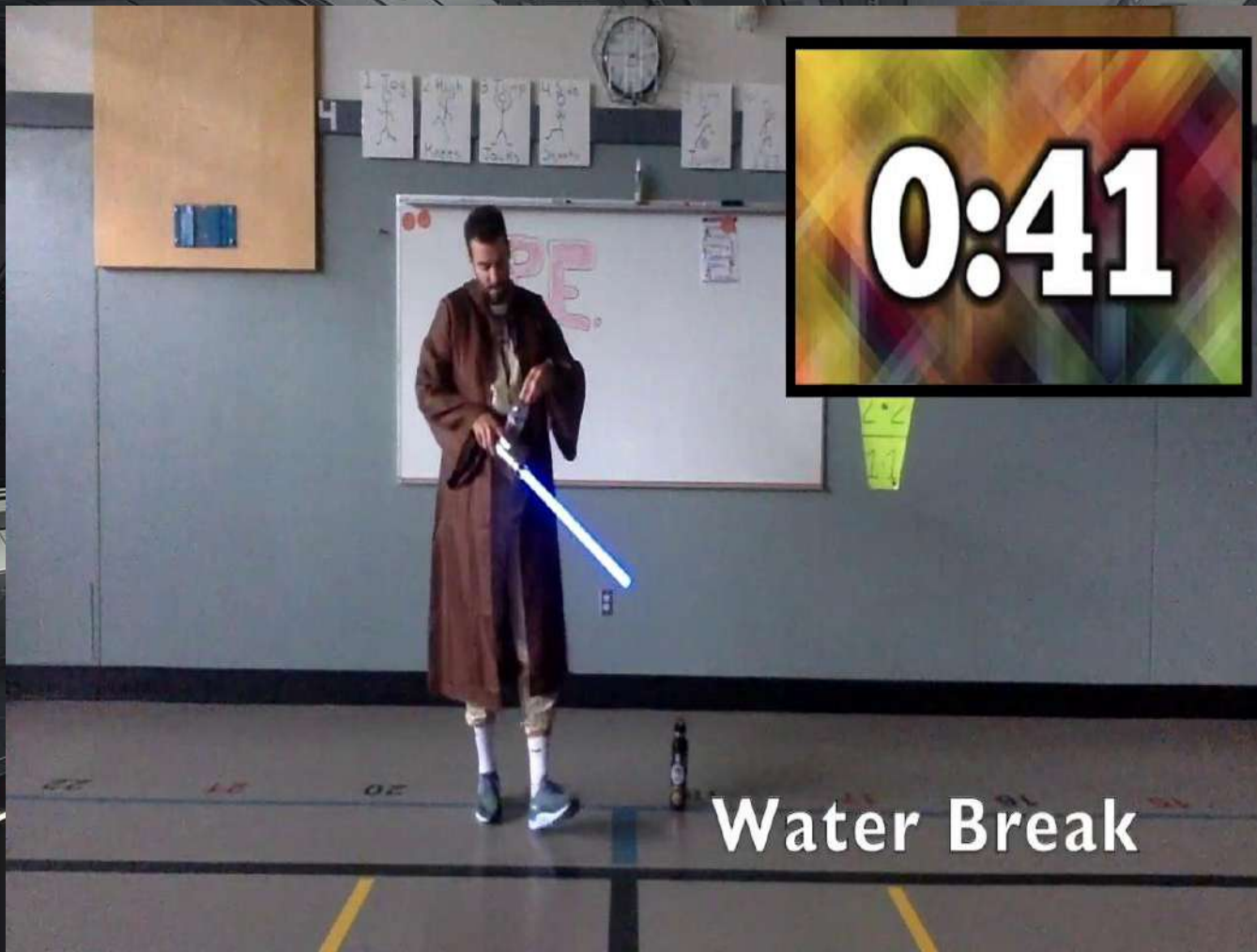
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How to workout Quadriceps:

- Frog Jumps
- Squats
- Lunges





Ninja Run



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Would You Rather

?



Next Slide

Would You Rather?



OR



Fun Fitness Candy Edition



Healthy Living Tip:

Wash Your Hands

