

Virtual PE

Week 4: A

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

1. Muscle of the Week
2. Dice Fitness
3. Wonder Woman Workout
4. Virtual Fitness
5. Healthy living Tip



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Muscle of the Week:

Bicep



How to workout Biceps:

- Push Ups
- Pull Ups
- Bicep Curls

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Dice Fitness



Dice Fitness
Mr. Adrian



Roll the dice as many times as years you are old. So if you are 8 years old, roll the dice 8 times. Go to the next page for Dice Fitness info!



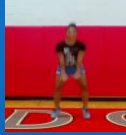
2. Body Twist



3. Mountain Climbers



4. Frog Jumps



5. Jog in Place



6. Air Squats



7. Jumping Jacks



8. Plank



9. Arm Circles



10. High Knees



11. Crunches



12. Shoulder Touches



Dice Fitness



Total number of the 2 dice added:

20 seconds of physical activity:

2

Body Twist

3

Mountain Climbers

4

Frog Jumps

5

Jog in Place

6

Air Squats

7

Jumping Jacks

8

Plank

9

Arm Circles

10

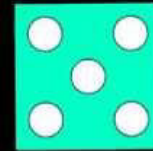
High Knees

11

Crunches

12

Shoulder Touches (Push Up position)



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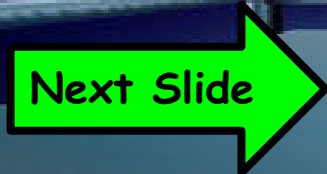


Wonder Woman Workout



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Virtual Fitness





Healthy Living Tip:

Limit Video Games

