

Virtual PE

Week 4: B

With Mr. Adrian

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Schedule:

1. Karate Warm Up
2. Ice Age Chase
3. Defeat the Dragon
4. Skee Ball



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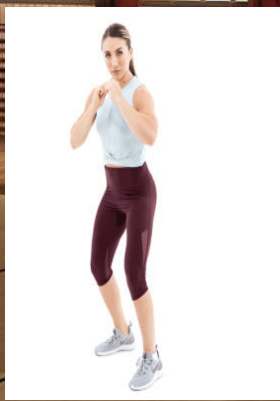
Karate Warm Up!



Perform each action 10 times, then repeat with the opposite leg or arm. Remember these moves are for fitness only. Never hit other people. Be kind and peaceful.



1 Front Kick



2 Side Kick

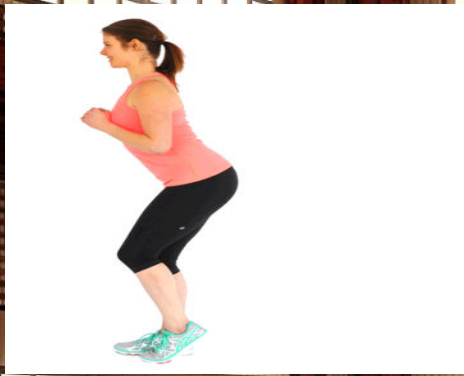


3 Roundhouse Kick

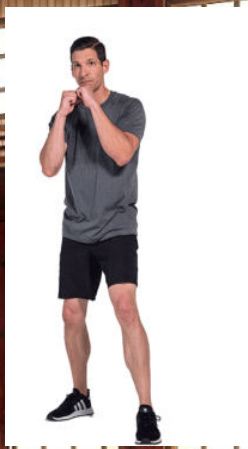


4 Snap Front Kick

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5 Back Kick



6 Jab Punch



7 Reverse Punch



8 High Block



9 Low Block

These moves are
for fitness only!

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Ice Age Chase



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Defeat the
Dragon




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Skee Ball



SKEE BALL
MR. ADRIAN

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We are at the beginning autumn (fall) which means the leafs and the weather are changing. If it is a nice day outside, take advantage and go play outside! Remember, we are trying to be active at least 60 minutes a day!



Great job students! Please fill out this

[GOOGLE FORM](#)

when you are done! Click the word Google Form above to open.

