

Virtual PE

Week 5: A

With Mr. Adrian

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Schedule:

1. Muscle of the Week
2. Guess Who
3. Germ Defense
4. Healthy Living Tip

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"Present"

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Muscle of the Week:

Calf



When do you use your calf:

- Walking
- Running
- Jumping

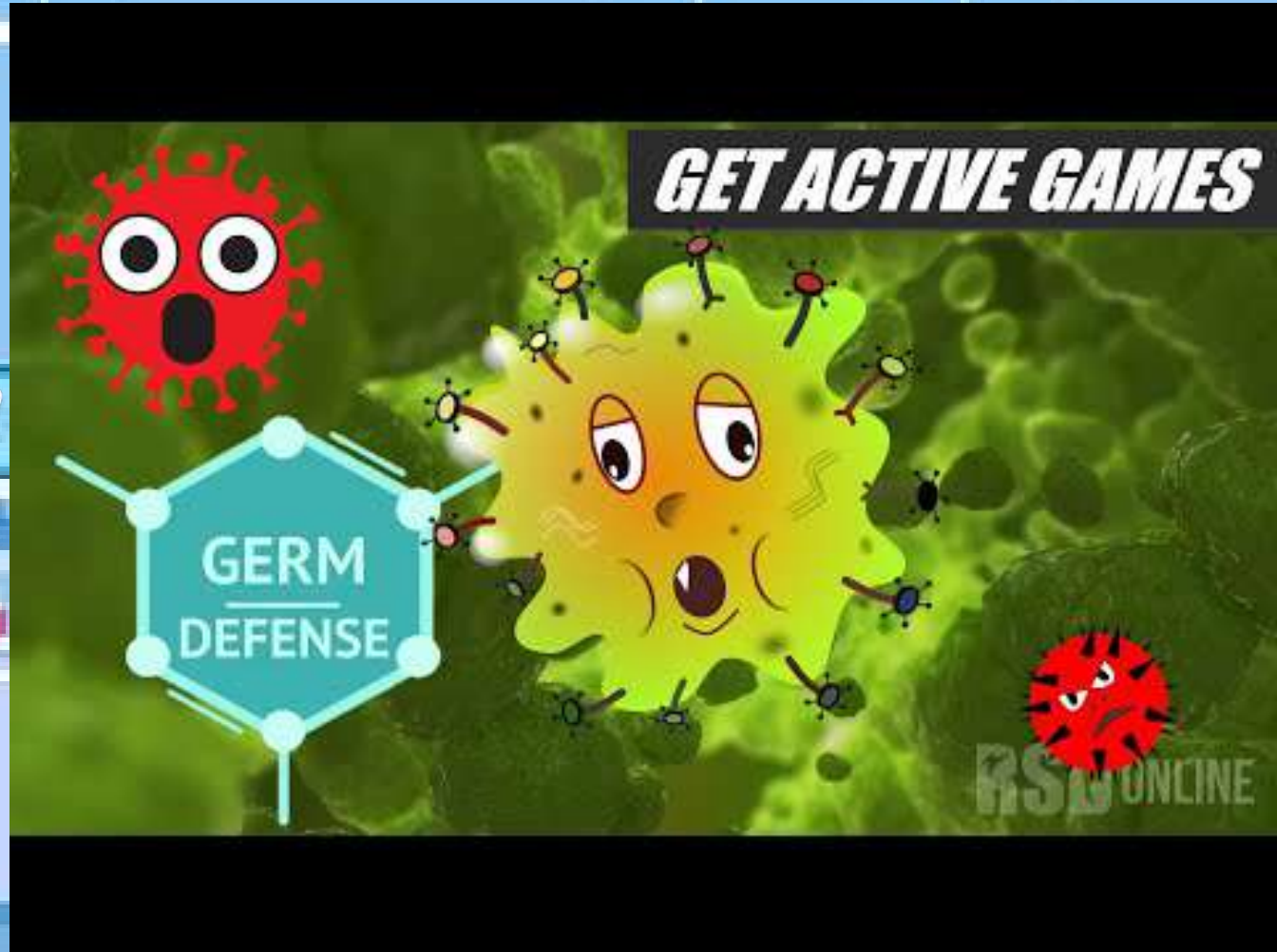


Germ Defense

DON'T TOUCH



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Healthy Living Tip:

Wash Your Hands

