

Virtual PE

Week 5: B

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

1. Shark Chase
2. Lazer Footwork
3. Air Tissue Volley
4. Movement: Dance



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Shark Chase



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Shark Chase



Laser Footwork



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**LASER
FOOTWORK**

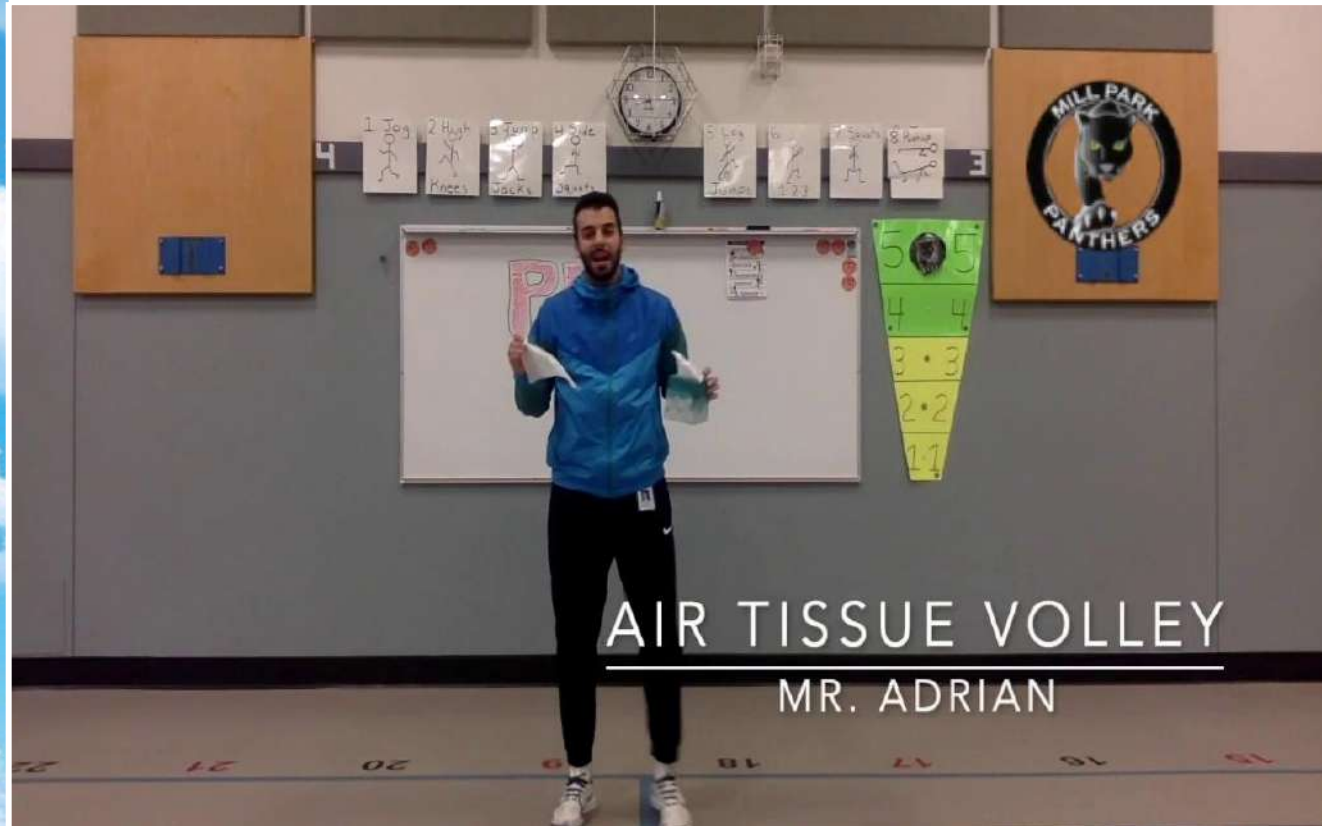
RSD ONLINE

Air Tissue Volley

You'll need
a tissue!



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You are a superstar!
Put on some music and create a dance to it.
Dancing is a great workout!

Movement: Dance

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Great job students! Please fill out this

GOOGLE FORM

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

