

Virtual PE

Week 6: A

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

1. Muscle of the Week
2. Healthy Eating & Soup Ninja
3. This or That
4. Healthy living Tip

*If videos aren't working,
double check you are using
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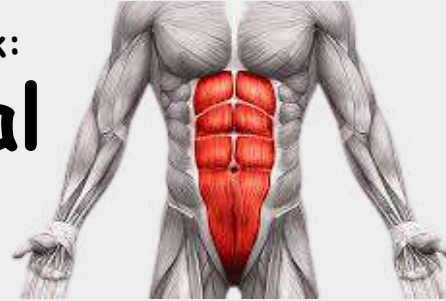


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“Present”

Next Slide



Muscle of the Week: Abdominal (Abs)



- Info about abs:
- Balance/Support
 - "Core" exercises
 - Protect Spine



Next Slide



#Healthy
LIVING

HEALTHY EATING





Soup Ninja



Next Slide

This or That

Try not to laugh!



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I



**Fruit &
Veggies**

**COLOSSAL
QUESTIONS**

**TOMATO:
FRUIT OR
VEGETABLE?**

DREAMWORKStv

HEALTHY HABITS
For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY ENERGIZED

- Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

- Wear proper gear when playing sports, bicycling, or riding in a car.
- Obey safety rules.

STAY HAPPY

Make good choices every day for a happy, healthy YOU!

Healthy Living Tip:

Eat your Fruit and Veggies

