

Virtual PE

Week 6: A

With Mr. Adrian

tanner_adrian@ddsd40.org

Schedule:

1. Character Trait 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
DD email while viewing



Click
"Present"

Next Slide

Character Trait of the Week:

Enthusiasm

Make each day special



Next Slide



Enthusiasm: intense and eager enjoyment, interest, or approval

Which is an example of:

Enthusiasm



A

Excited for an activity



B

Sitting out

Next Slide

Which is an example of:



Enthusiasm



A

Excited for an activity



B

Sitting out

Next Slide

Next Slide



HEALTHY EATING





Soup Ninja



Next Slide

This or That

Try not to laugh!



Next Slide



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

