



Virtual PE

Week 6: B

With Mr. Adrian
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Schedule:

1. Jedi Stretches
2. This or That
3. Jedi Workout
4. X-Wing Training

Next Slide

Jedi Stretches

Hold each stretch for 20 seconds, then switch arms/legs



1



2



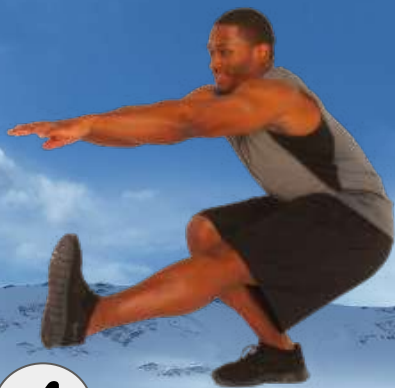
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Next Slide

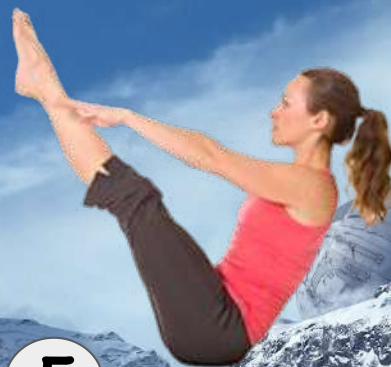


Hold each
stretch for 20
seconds, then
switch arms/legs

4



5



6



8



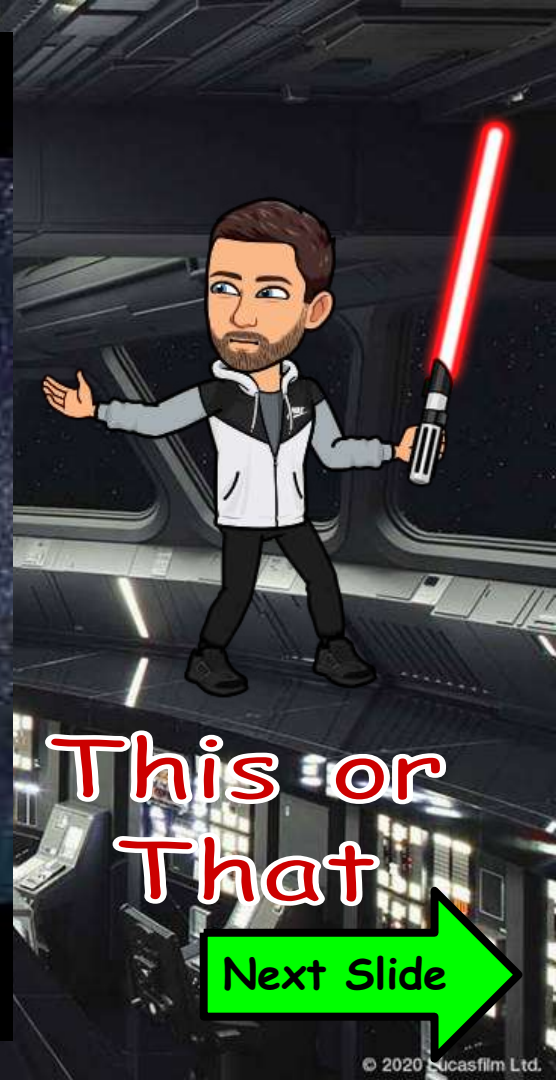
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Next Slide



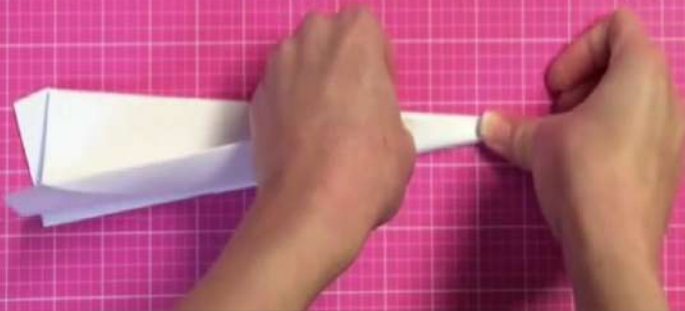
Jedi Workout



Next Slide

X-Wing Training

Unfold down on each of the wings



Next Slide





X-Wing Training



1. Create a paper airplane or crumple a paper ball
2. Set up X-Wing Base - can be a box, laundry basket, bin, etc
3. Start from far away (inside or outside), throw x-wing and try to land it in the base
4. Every time you miss, complete 5 jumping jacks and throw again
5. You can play by yourself or challenge a partner!

Next Slide

Great job students! Please fill out this
GOOGLE FORM

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

