

# Virtual PE

## Week 7: A

With Mr. Adrian

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### Schedule:

1. Muscle of the Week
2. Fall Chase
3. Would You Rather
4. Pumpkin Punch
5. Healthy living Tip

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"Present"

Next Slide



# Muscle of the Week: Quadriceps (Quads)



- How to workout Quadriceps:
- Frog Jumps
  - Squats
  - Lunges







# Fall Chase



Would You  
Rather



Would You Rather?



OR



Fun Fitness  
Halloween Edition

Next Slide



# RSD ONLINE

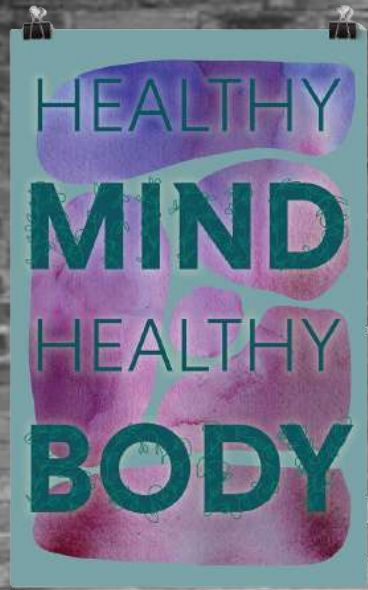
## PUMPKIN PUNCH

Pumpkin  
Punch



Next Slide





Healthy Living Tip:

**Be Positive!**