

Virtual PE

Week 8: A

With Mr. Adrian

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Schedule:

1. Muscle of the Week
2. Run Run
3. Freeze Dance
4. Pumpkin Punch
5. Healthy living Tip

*If videos aren't working,
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THE MUSCULAR SYSTEM

THE MUSCULAR SYSTEM is made up of muscles that work together to move the body. They are the most abundant tissue in the body and are responsible for all movement.

ANTERIOR

POSTERIOR



Muscle of the Week: Deltoid



How to workout our Deltoid?

- Shoulder Touches
- Planks



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Freeze Dance



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RSD ONLINE

PUMPKIN PUNCH 2

Pumpkin
Punch



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Healthy Living Tip:

Be Careful - Don't itch!