Virtual PE Week 8: A

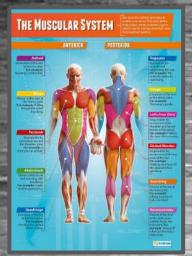
With Mr. Adrian tanner_adrian@ddsd40.org

Schedule:

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

*If videos aren't working, double check you are using DD email while viewing





Muscle of the Week:

Deltoid









How to workout our Deltoid?

- Shoulder Touches
- Planks











YOGA FREEZE DANCE

Halloween Edition







Pumpkin Punch







Healthy Living Tip:





Be Careful - Don't itch!