



MIN	88:00	SEC
84	2	88
HOME	PERIOD	GUESTS

Virtual PE
9-A

With Mr. Adrian



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SUPERHERO RACES

Fitness Activity

Superhero Races!





Shark Challenge

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Wheel Fitness



K - 2nd

*Do each movement
for 20 seconds

Click on your grade level
wheel and follow the link.
Spin the wheel and
complete the fitness
activity. Spin the wheel as
many times as you are old.
For example: 7 years old =
7 spins, 10 years old = 10
spins, 94 years old = 94
spins

Next Slide



3rd - 5th

You Can Do
ANYTHING!

