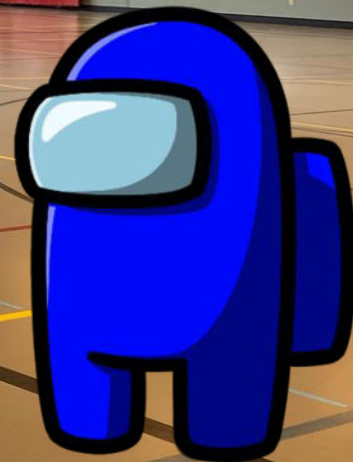


# LIVE PE: Week 23

With Mr. Adrian  
tanner\_adrian@ddsd40.org

## Schedule:

1. Muscle Review
2. Among Us! #2  
PE Style
3. Healthy Living Tip



# Our PE Learning Targets





- I can: Participate at an intensity level that will improve my fitness levels.**
- I can: Identify the components of health-related fitness.**
- I can: Control my body and participate safely.**



# AMONG US

PANTHER PE STYLE



Created by:  
Jason Holzwarth

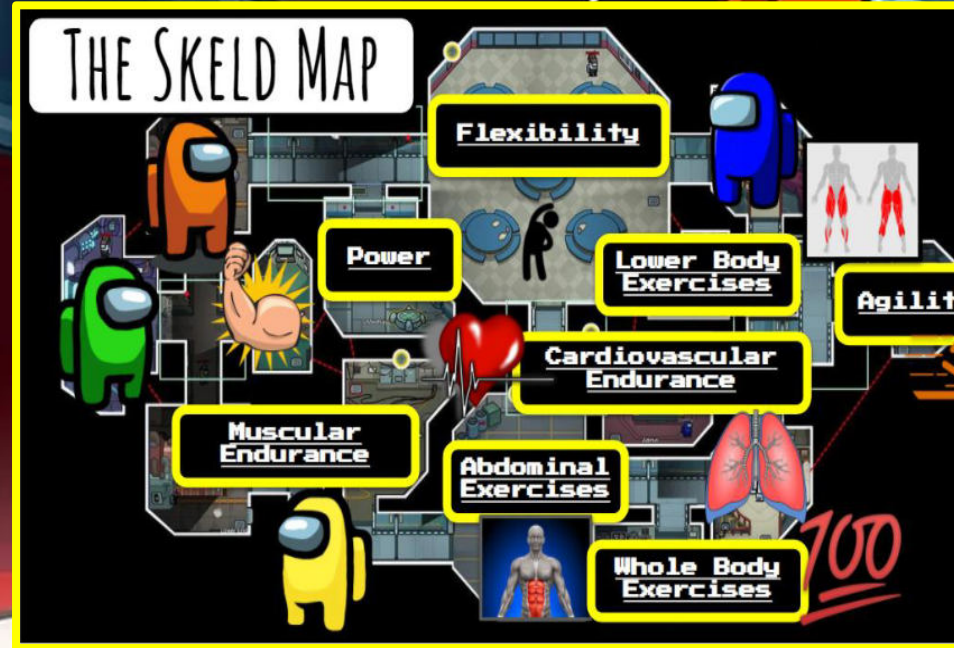
# WELCOME CREWMATES!

# HOW TO PLAY:

- 1) EACH ROUND WILL HAVE 4 DIFFERENT CHARACTERS, WITH ONE OF THEM ACTING AS AN IMPOSTER AMONG US.
- 2) YOU WILL HAVE 4 TASKS TO COMPLETE TO HELP YOU FIGURE OUT WHO THE IMPOSTOR MIGHT BE.
- 3) AFTER COMPLETING THE TASKS, A MEETING WILL BE HELD TO DISCUSS WHO IS **KINDA SUS...**

# HOW TO PLAY CONTINUED:

- 4) WE WILL PLAY 4 ROUNDS, VISITING A NEW ROOM FOR EACH ROUND.
- 5) PAY CLOSE ATTENTION TO THE NAMES AND DESCRIPTIONS OF THE ROOMS, ALONG WITH WHAT YOUR BODY IS DOING AS YOU ARE COMPLETING THE TASKS.



# HOW TO CHOOSE THE

# Impostor

AFTER COMPLETING THE EXERCISES AND THINKING ABOUT THE CLUES, YOU WILL CHOOSE YOUR IMPOSTER BY DOING THEIR EXERCISE ONE MORE TIME.

Reveal your guess about who the impostor is by completing their task!



Cardiovascular  
Endurance

Who is  
the  
Impostor?



# Victory



IF YOU ARE ABLE TO FIND THE IMPOSTOR FOR THE ROUND, YOU CAN  
DECLARE VICTORY! THEN, GET READY TO BEGIN THE NEXT ROUND.

A collection of Among Us characters in a space setting. A red character is in the center, with a green one at the top left, an orange one at the top right, a purple one at the bottom right, and a grey one at the bottom left. A knife is visible near the grey character. The background is dark blue with white stars.

# **LETS PLAY AMONG US**

PANTHER PE STYLE

# Crewmate

There is 1 **ImPostor** among us



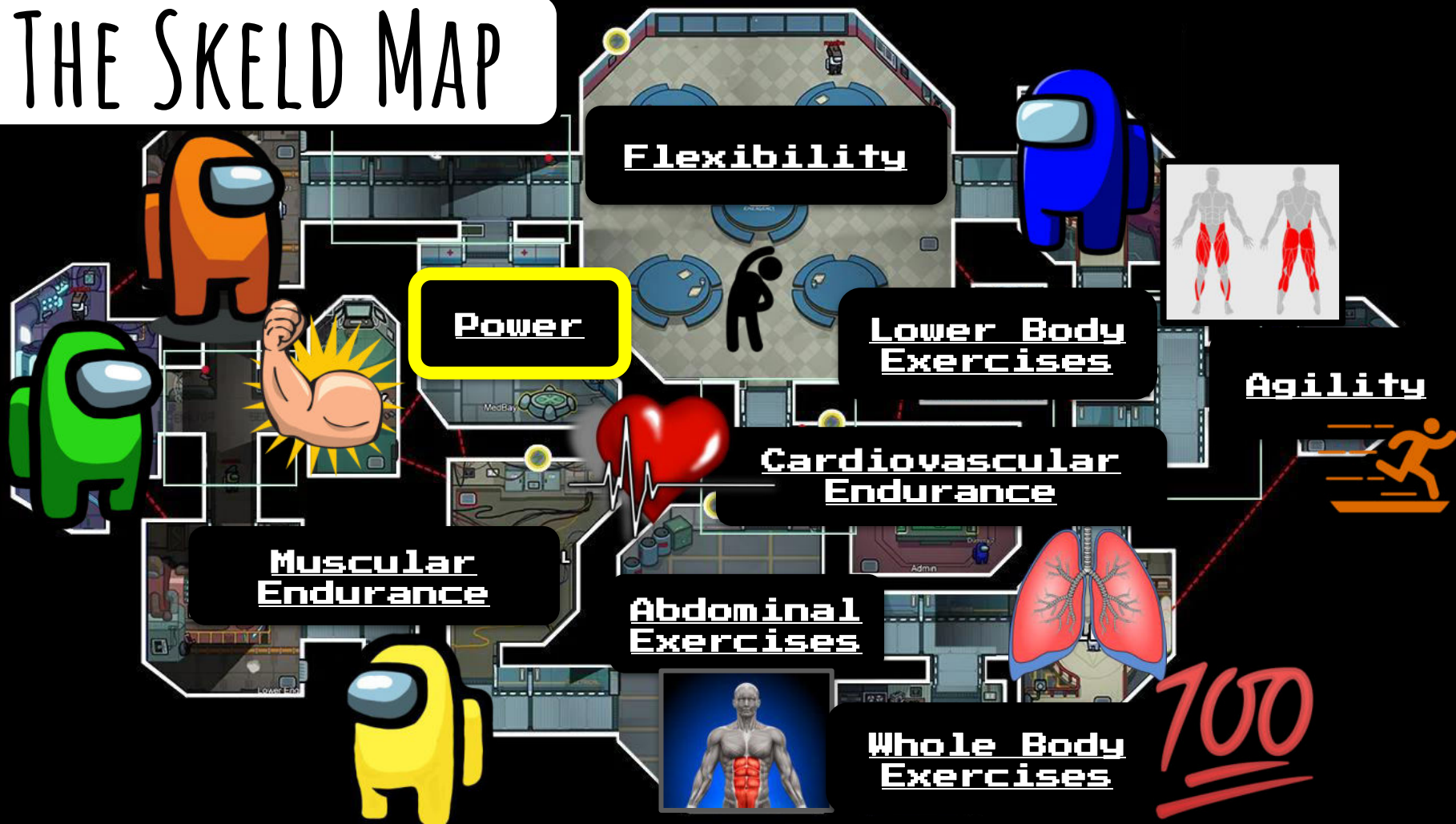
Round # 5: Move onto the Power center  
for our next tasks.

Tasks:

- Rocket Slams
- Star Jumps
- Tuck Jumps
- Lightning Jacks



# THE SKELD MAP



# Power/Plyometric Exercises

## DEFINITION:

THE ABILITY TO PERFORM THE  
MAXIMUM AMOUNT OF  
FORCE AS QUICKLY AS POSSIBLE



## POWER TRAINING:

- IMPROVED CARDIOVASCULAR FUNCTION
- ENHANCED STRENGTH
- INCREASED ENDURANCE AS TIME GOES ON
- RAPID CALORIE BURNING
- BOOSTED OVERALL PERFORMANCE IN SPORTS AND ATHLETICS

# Green: Rocket Slams

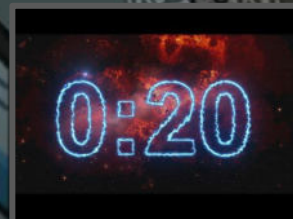
MedBay: Inspect Sample  
Admin: Upload P  
O2: Accept D

Task



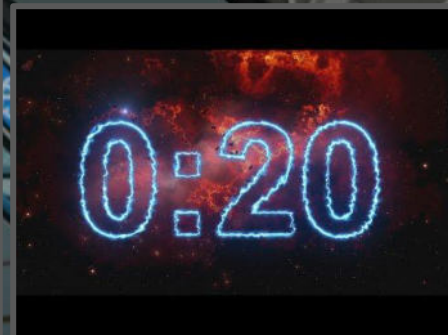
# Orange: Star Jumps

Task



# Blue: Tuck Jumps

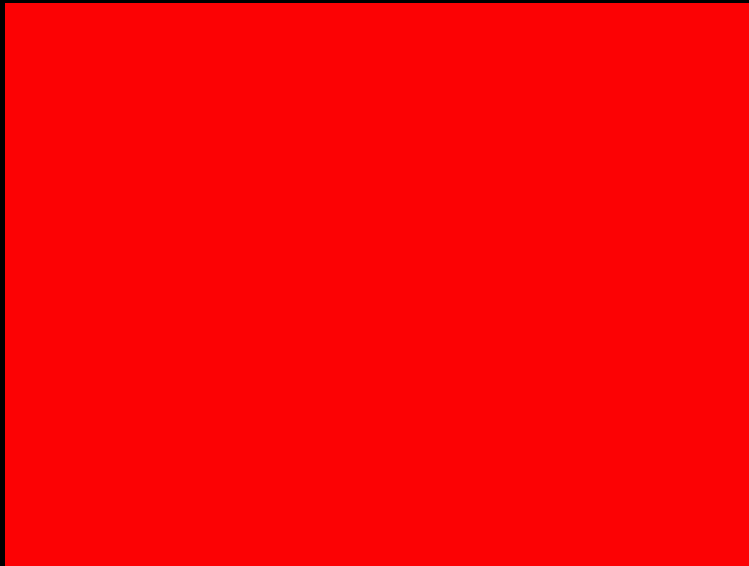
Task



# Yellow: Lightning Jacks

Task





Let's try and find  
this  
round's PE imposter!



## WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

### THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

Reveal your guess about who the impostor is by completing their task one more time!



Power



Who is  
the  
Impostor?



# Impostor

LIGHTNING JACKS HELP  
IMPROVE  
CARDIOVASCULAR  
ENDURANCE, NOT THE  
POWER OF YOUR  
MUSCLES



Round # 6: Go to **Lower Body Exercises**  
for our next tasks.

Tasks:

- Pulsing Lunge Jumps
- Shuffle and Squat
- Downward Toe Taps
- Broad Jump & Turn



**Lower Body Exercises**

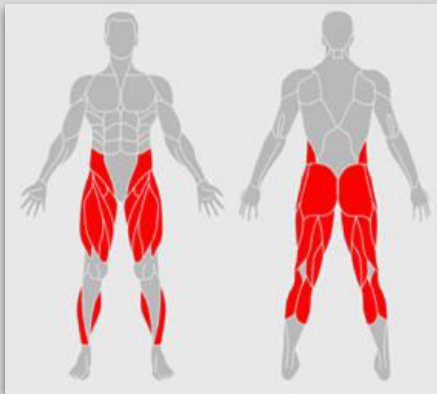
# THE SKELD MAP



# Lower Body Exercises

## DEFINITION:

FOCUS ON MUSCLES BELOW  
THE WAIST, PRIMARILY  
LEGS, GLUTES, AND THIGHS.



## LOWER BODY STRENGTH TRAINING:

- INCREASES BONE STRENGTH
- IMPROVES BALANCE
- IMPROVES AGILITY
- DECREASES RISK OF KNEE/HIP INJURIES
- BOOSTS METABOLISM

# Green: Pulsing Lunge Jumps



# Orange: Shuffle and Squat



0:20

# Blue: Downward Toe Taps

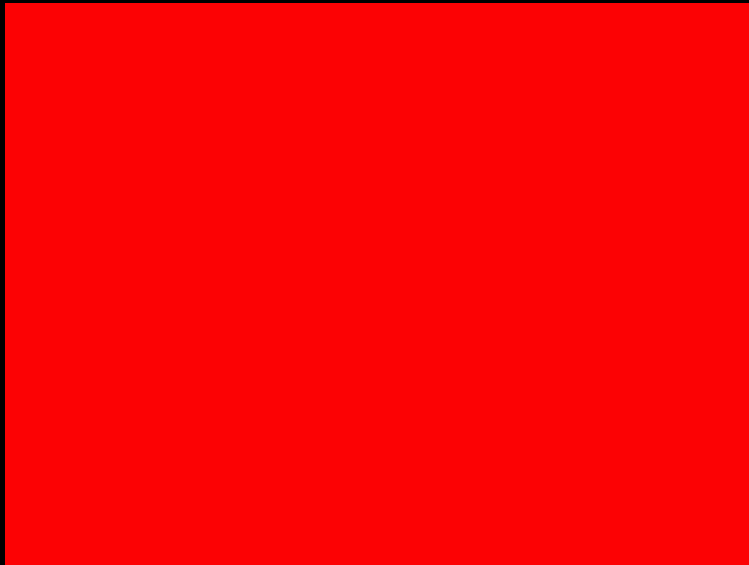


0:20

# Yellow: Broad Jump and Turn



0:20





## WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

### THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

Reveal your guess about who the impostor is by completing their task one more time!



Lower Body  
Exercises



Who is  
the  
Impostor?



# Impostor

DOWNWARD TOE  
TAPS FOCUS ON  
FLEXIBILITY AND  
UPPER BODY  
STRENGTH, NOT  
LOWER BODY  
STRENGTH.



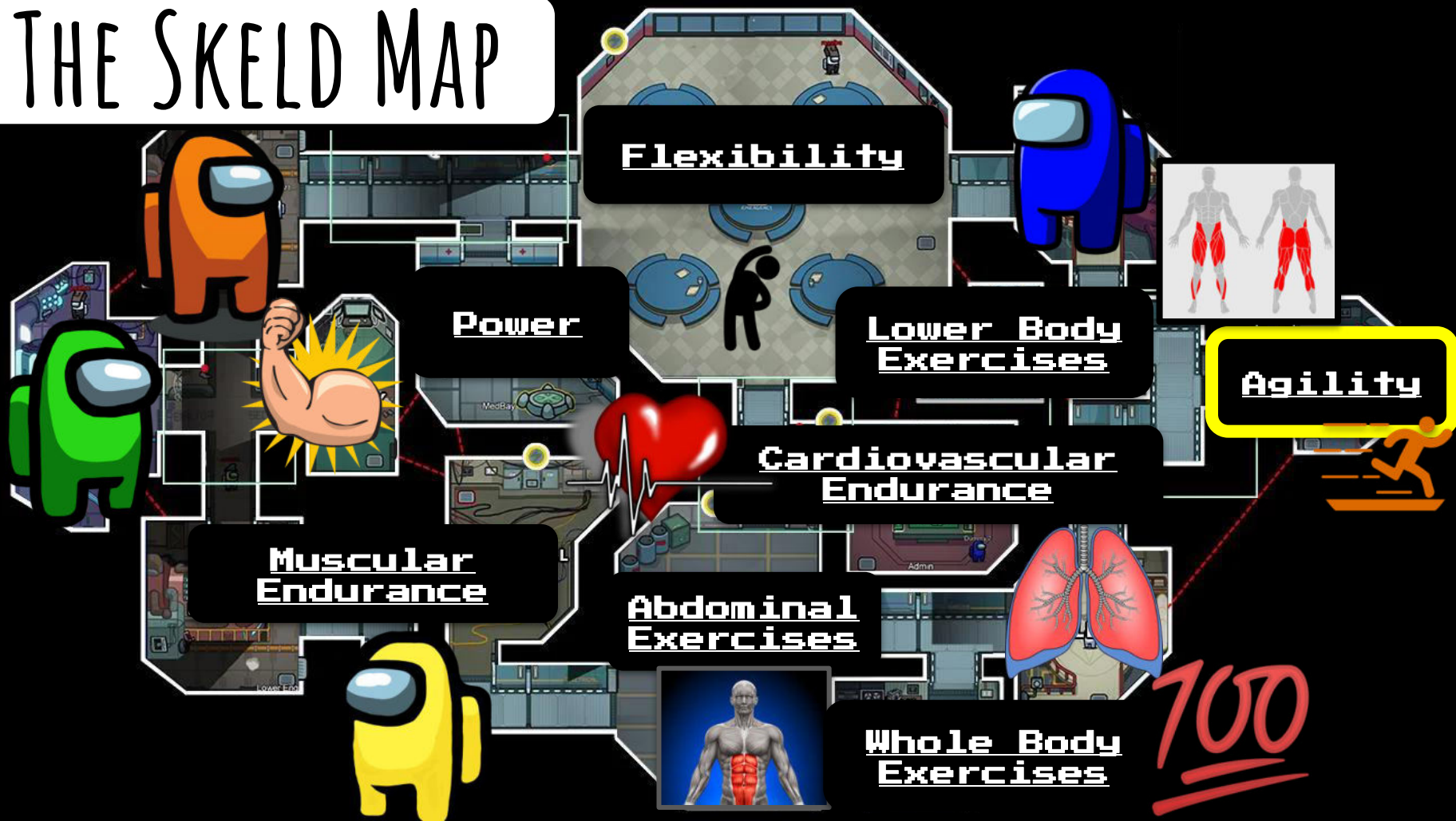
Round # 7: Move onto the **Agility** center  
for our next tasks.

Tasks:

- Rhythm Jumps
- Knee Taps
- Criss-Cross  
Jumps
- Skaters



# THE SKELD MAP



# Agility

## DEFINITION:

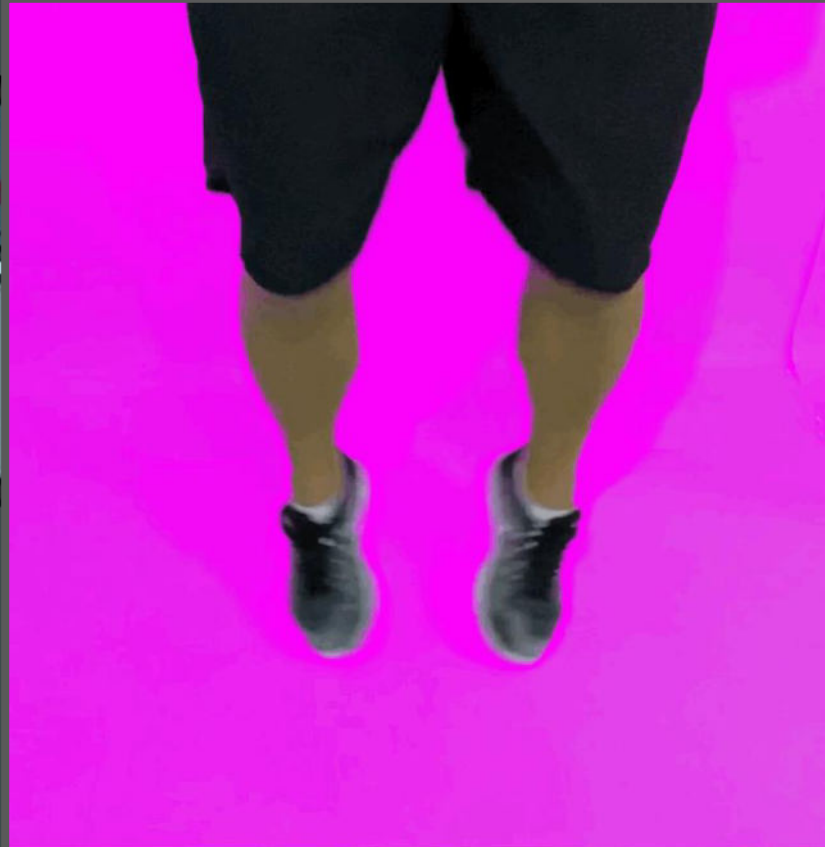
THE ABILITY TO MOVE  
SWIFTLY AND WITH EASE  
WHILE CHANGING  
DIRECTION.



## AGILITY TRAINING:

- IMPROVED SPORTS PERFORMANCE
- STRONGER LIGAMENTS AND TENDONS
- PROTECTS AGAINST INJURY
- QUICKER RECOVERY TIME
- IMPROVES COGNITIVE FUNCTION

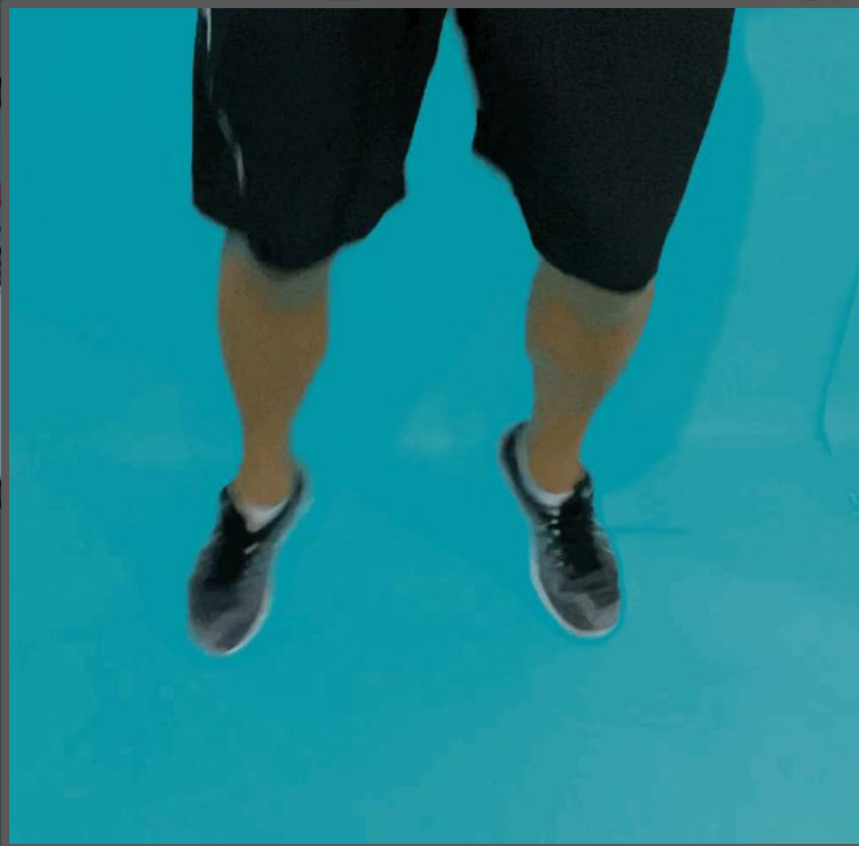
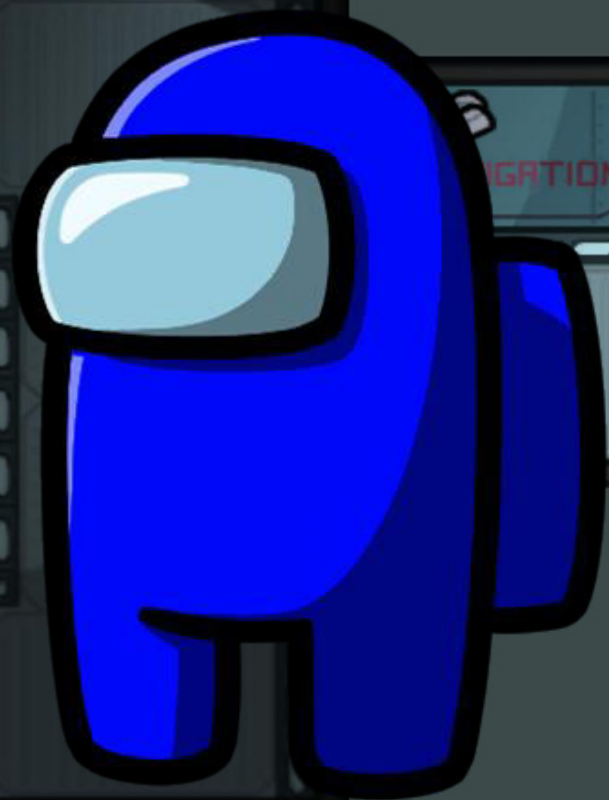
# Green: Rhythm Jumps



# Orange: Knee Taps

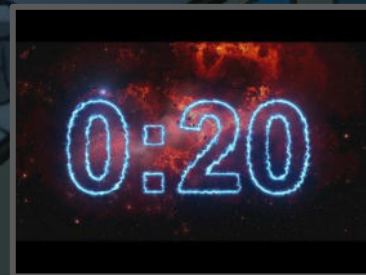


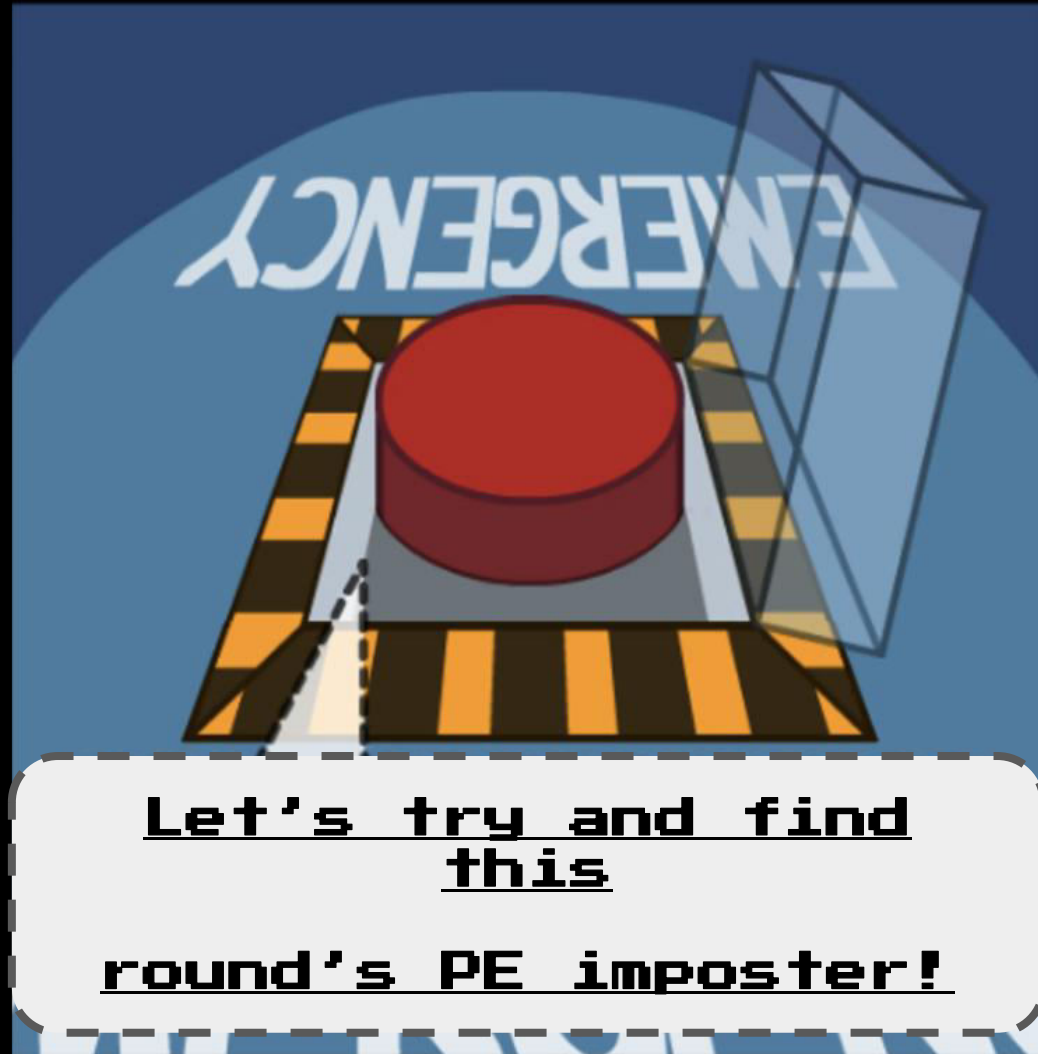
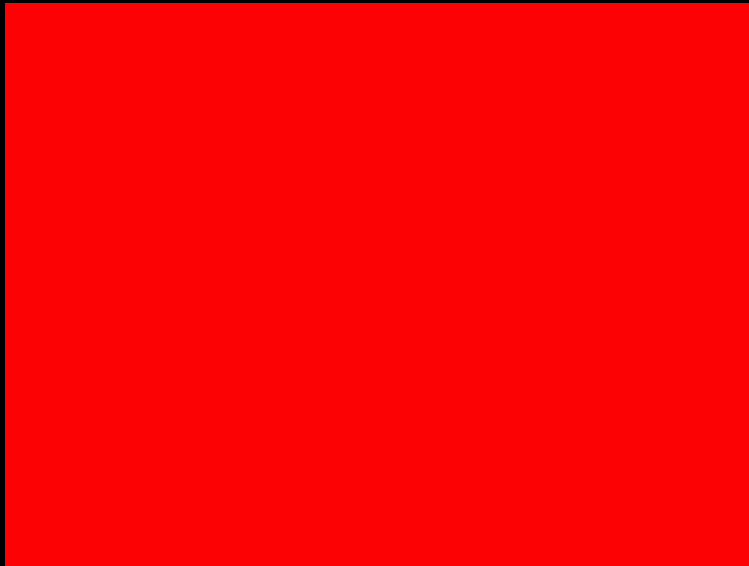
# Blue: Criss-Cross Jumps



0:20

Yellow: Skaters





Let's try and find  
this  
round's PE imposter!



## WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

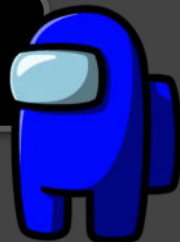
### THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

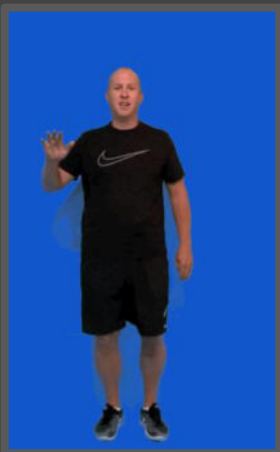
Reveal your guess about who the impostor is by completing their task one more time!



Agility

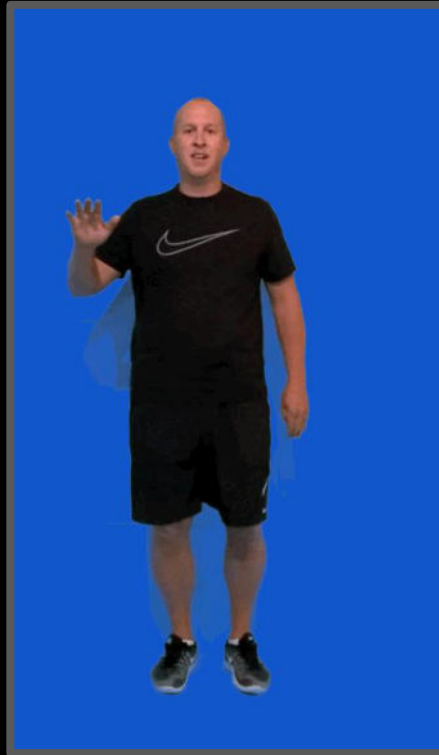


Who is  
the  
Impostor?



# Impostor

KNEE TAPS DON'T HELP  
IMPROVE YOUR AGILITY,  
THEY IMPROVE YOUR  
CARDIOVASCULAR  
ENDURANCE AND  
COORDINATION



Round # 8: Let's go explore **Full Body Exercises** and find our next tasks.

Tasks:

- Hopscotch
- Mountain Climbers
- Warrior Jumps
- Around the World



# THE SKELD MAP



# Full Body Exercises

## DEFINITION:

EXERCISES THAT TARGET  
DIFFERENT MUSCLES  
THROUGHOUT THE BODY  
INSTEAD OF ISOLATING A  
PARTICULAR MUSCLE.

700

## FULL BODY EXERCISES:

- EFFICIENT WAY TO WORK OUT
- HELP IN BECOMING FUNCTIONALLY FIT
- BURN MORE CALORIES
- IMPROVE ATHLETIC PERFORMANCE

# Green: Hop Scotch

Task



Orange:



0:20



# Blue: Warrior Jumps

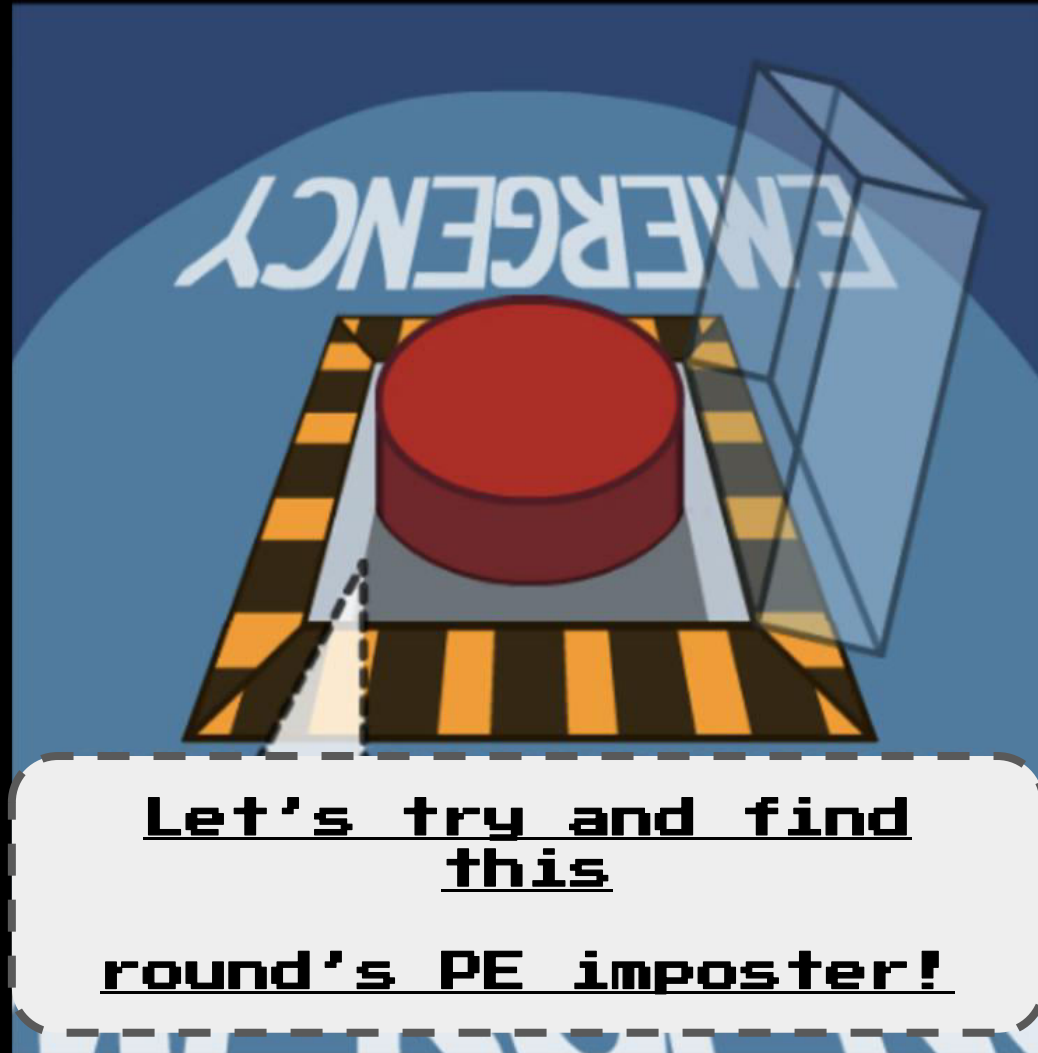
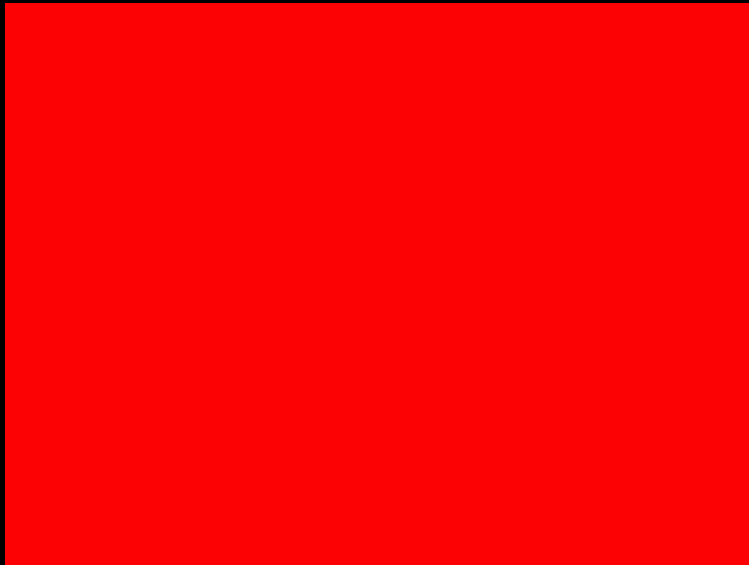
Task



# Yellow: Around the World

Task







## WHICH EXERCISE DOES NOT BELONG IN THIS CATEGORY?

### THINK ABOUT:

- THE NAME AND THE DESCRIPTION OF THE ROOM.
- THE PARTS OF YOUR BODY THAT YOU WERE WORKING WITH EACH EXERCISE.
- THE TYPES OF MOVEMENTS YOU WERE COMPLETING.
- HOW YOUR BODY FELT WHEN YOU WERE DONE WITH EACH TASK.

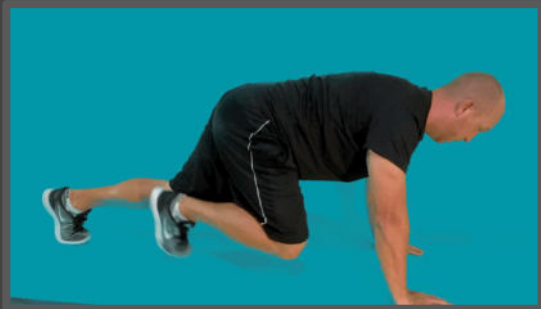
Reveal your guess about who the impostor,  
is by completing their task one more time!



Whole Body  
Exercises



Who is  
the  
Impostor?



# Impostor

HOPSCOTCH JUMPS ARE  
USED TO INCREASE  
AGILITY, ENDURANCE,  
AND TARGET YOUR LOWER  
BODY MUSCLES, BUT NOT  
YOUR UPPER BODY.



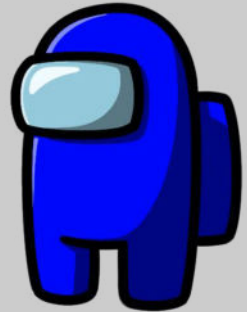
# Victory



THANKS FOR PLAYING AND GETTING A GREAT WORKOUT!

# HOW DID YOU DO IN PE TODAY?

- A **BIG** part of virtual PE is you taking control and responsibility for your activities. Moving is up to you!
- Mr. Adrian is not there with you, but I am here to cheer you on and help you learn new things about your body and being active.
- It is YOUR body to take care of, so stay active. Not just with Mr. Adrian on Google Meets, but on your own too!  
60 minutes a day!
- Let's talk about how PE went for you today...





## COACH:

I am able to perform all the skills without any breaks, I can create new challenges for myself, and I will do the activity again



## CAPTAIN:

I am able to perform all the skills without taking any breaks and with very few mistakes



## TEAMMATE:

I am able to complete the activity, but I made a few mistakes or had to take a break



## ROOKIE:

I am still getting used to the activity, and I am having some trouble finishing the challenges