**Believe in You** is the first physical education learning module of the school year.
This learning module is important because we will explore:

* how we can ourselves and others safe in physical education class
* why it’s important to live a physically active lifestyle
* how to improve my physical and mental health with physical activities I enjoy

Learning Module: **BELIEVE IN YOU**

High School Weeks 1-3

I will participate safely in physical education activities a variety of physical activity environments
(home and school).

I will participate in challenging physical activities that I enjoy.

I will learn how physical activity improves my mental health and my mood.

I will explore the health benefits of living a physically active lifestyle.