



Learning Module: **BELIEVE IN YOU**
High School Weeks 1-3

Healthy Body

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

Healthy Mind

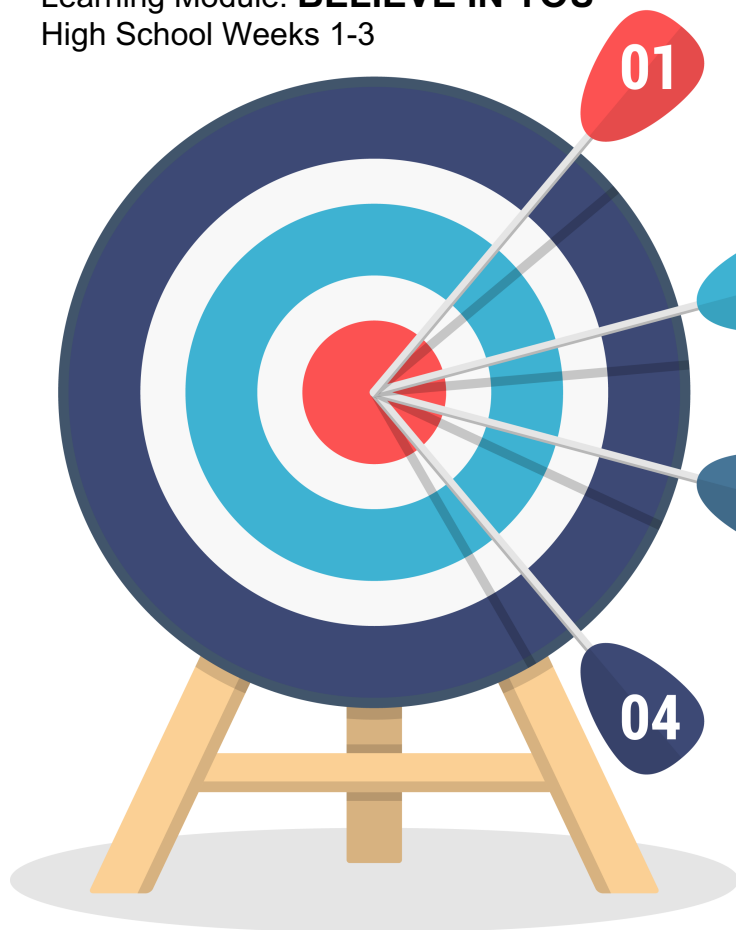
I will learn how physical activity improves my mental health and my mood.

Enjoyment & Challenge

I will participate in challenging physical activities that I enjoy.

Building Skills

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



Why are we learning this?

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