**Go Be Great** is the first physical education learning module of the school year.
It is important because it will teach us:

* how to be safe while having fun in physical education class
* why it’s important to be physically active every day
* how to improve my physical and mental health with fun activities

I will learn how to participate safely
in physical education activities in different activity environments
(home and school).

I will participate in activities that I enjoy.

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

I will learn how physical activity improves my overall health and prevents disease.

Learning Module: **GO BE GREAT!**

Elementary Weeks 1-3