



Learning Module: **GO BE GREAT!**
Elementary Weeks 1-3



Healthy Body

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

Healthy Mind

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

Enjoyment & Challenge

I will participate in activities that I enjoy.

Building Skills

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

Why are we learning this?

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