**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 all physical activity environments
* how I can benefit from being physically active every day
* how I can to improve my physical and mental health with activities I enjoy

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!**

Middle School Weeks 1-3