



Learning Module: **GO BE GREAT!**  
Middle School 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 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