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).

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**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