Learning Module: **LOOPY LAPS**  
Elementary Weeks 4-7

**Healthy Body**  
I will explore the relationship between physical activity and good health.

**Healthy Mind**  
I will recognize that physical activity is good for emotional and mental health.

**Enjoyment & Challenge**  
I will identify physical activities that I like and are good for my overall health.

**Building Skills**  
I will move safely with balance and control in different activity environments.

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**Why are we learning this?**

**Loopy Laps** is the second physical education learning module of the school year. It is important because it will teach us:

- how to recognize physical activities that are good for our health
- physical activities that we can enjoy as a part of a physically active lifestyle
- how to move safely with balance and control