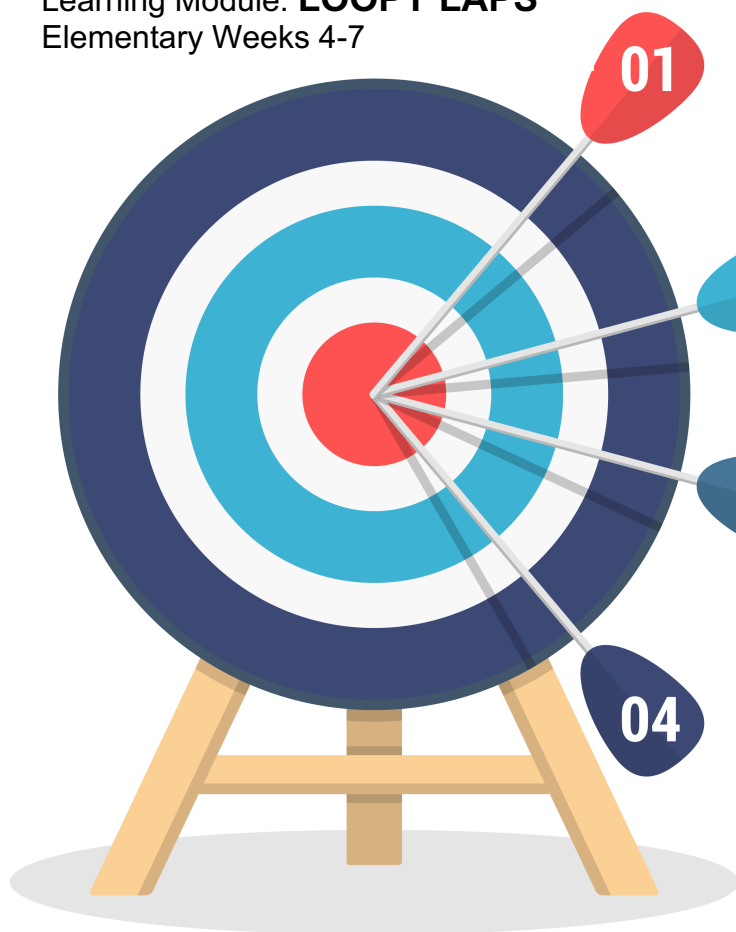




Learning Module: **LOOPY LAPS**
Elementary Weeks 4-7



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.

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