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

* How to analyze the health benefits of my physical activity choices
* mindful breathing techniques that we can use whenever we feel tense
* how to pace my physical activity intensity to stay in the heart health zone

Learning Module: **LIFETIME FITNESS**

High School Weeks 4-7

I will pace my activity intensity and work with my heart rate in the heart health zone.

I will create fitness challenges using activities that I enjoy and enhance my health.

I will practice mindful breathing.

I will analyze the health benefits of my physical activity choices.