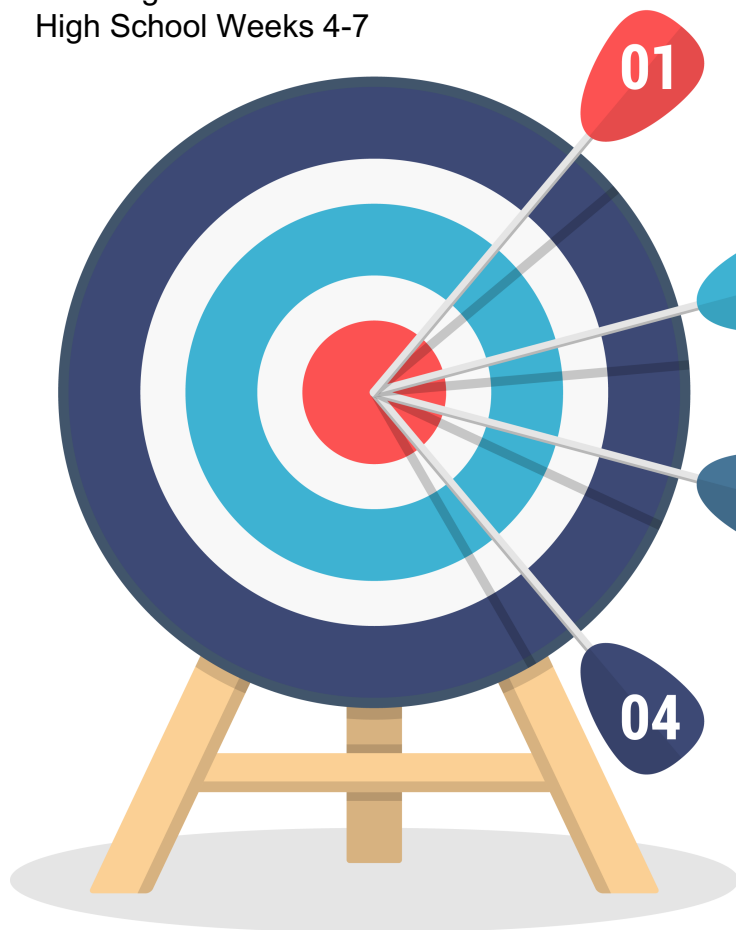




Learning Module: **LIFETIME FITNESS**
High School Weeks 4-7



Healthy Body

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

Healthy Mind

I will practice mindful breathing.

Enjoyment & Challenge

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

Building Skills

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

Why are we learning this?

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