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.

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**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