**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

I will practice moving safely with balance and control.

I will identify physical activities that I like and are good for my overall health.

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

I will recognize that physical activity is important for good physical health.

Learning Module: **LOOPY LAPS**

Elementary Weeks 4-7