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

**Healthy Body**
I will recognize that physical activity is important for good physical 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 practice moving safely with balance and control.

---

**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