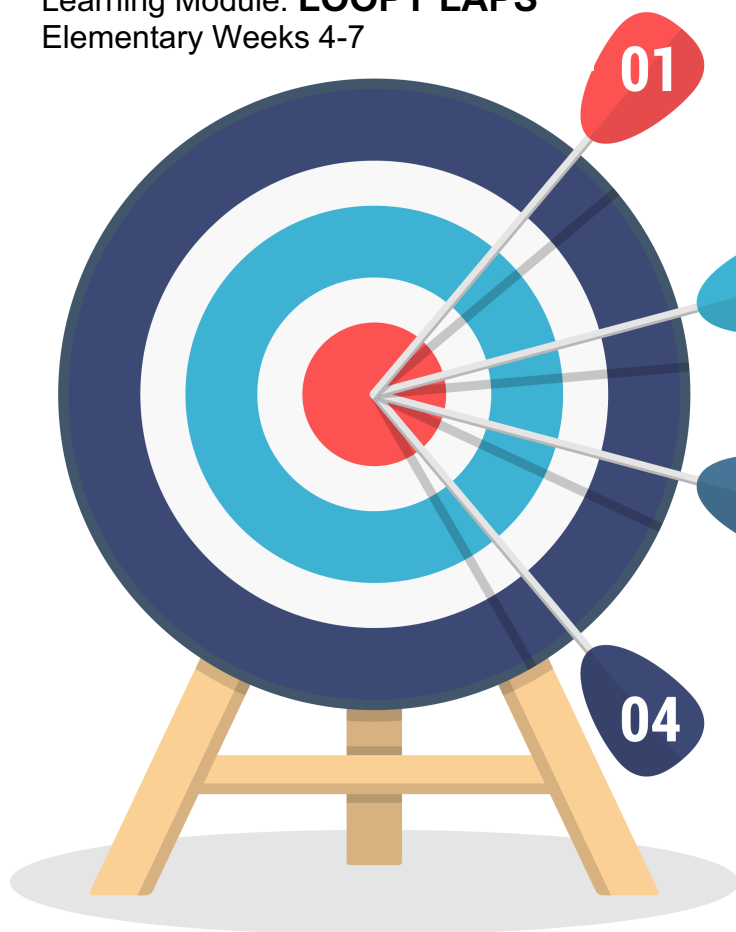




Learning Module: **LOOPY LAPS**
Elementary Weeks 4-7



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