**Fitness on the Move** is the second physical education learning module of the school year.  
It is important because it will teach us:

* the components of the FITT principle — the foundation of fitness planning
* mindful breathing techniques that we can use whenever we feel tense
* how to move safely with control at moderate to vigorous intensity levels

Learning Module: **FITNESS ON THE MOVE**

Middle School Weeks 4-7

I will move safely with control at a variety of intensity levels.

I will create fitness challenges using activities that I enjoy and provide a challenge.

I will practice mindful breathing.

I will discuss the components of the FITT principle.