Learning Module: **FITNESS ON THE MOVE**
Middle School Weeks 4-7

**Healthy Body**
I will discuss the components of the FITT principle.

**Healthy Mind**
I will practice mindful breathing.

**Enjoyment & Challenge**
I will create fitness challenges using activities that I enjoy and provide a challenge.

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

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**Why are we learning this?**

**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