



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.

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