**Meaningful Movement and Fitness Fun** is the third physical education learning module of the school year. It is important because it will teach us:

* how to plan and participate in physical activities that improve personal fitness
* the role of nutrition in overall good health
* how the enjoyment of physical activity helps improve physical and mental health

I will learn how to identify activities and foods that are good for me.

I will participate in activities that I enjoy and that work to improve my personal fitness.

I will practice mindful breathing techniques that are good for my emotional and mental health.

I will learn about how physical activity and nutrition are important for my overall health.

Learning Module: **FITNESS FUN**

Elementary Weeks 8-10