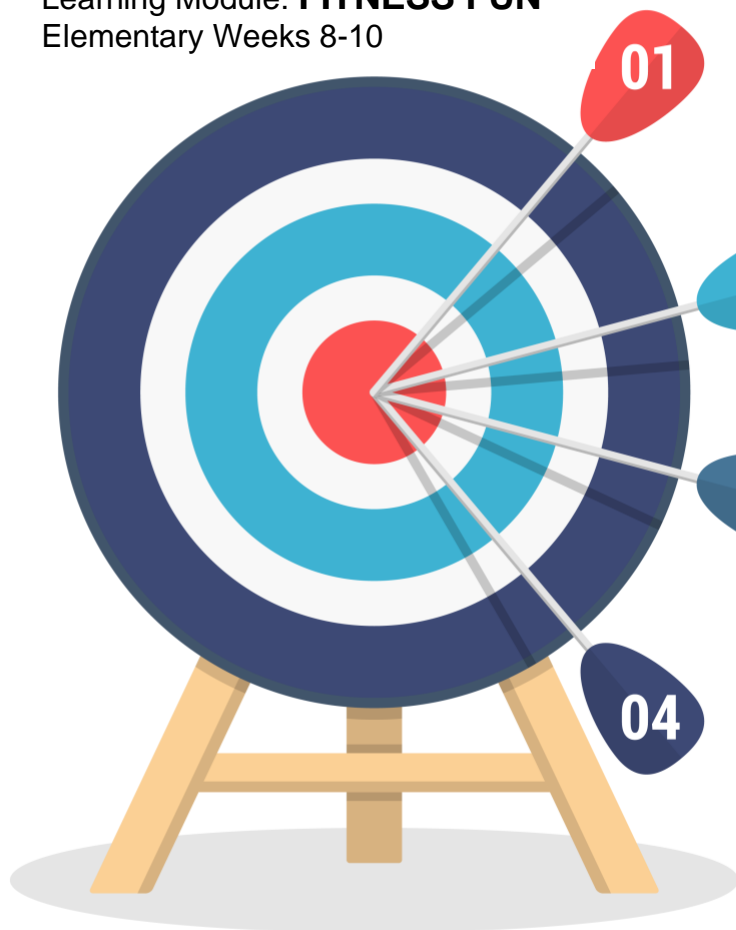




Learning Module: **FITNESS FUN**  
Elementary Weeks 8-10



### Healthy Body

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

### Healthy Mind

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

### Enjoyment & Challenge

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

### Building Skills

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

## Why are we learning this?

**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