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

* why it’s important to be physically active every day
* what foods help me stay healthy
* how to improve my physical and mental health with fun activities

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

I will participate in activities that I enjoy and are good for my health.

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