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 are good for my health.

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

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**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:

- 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