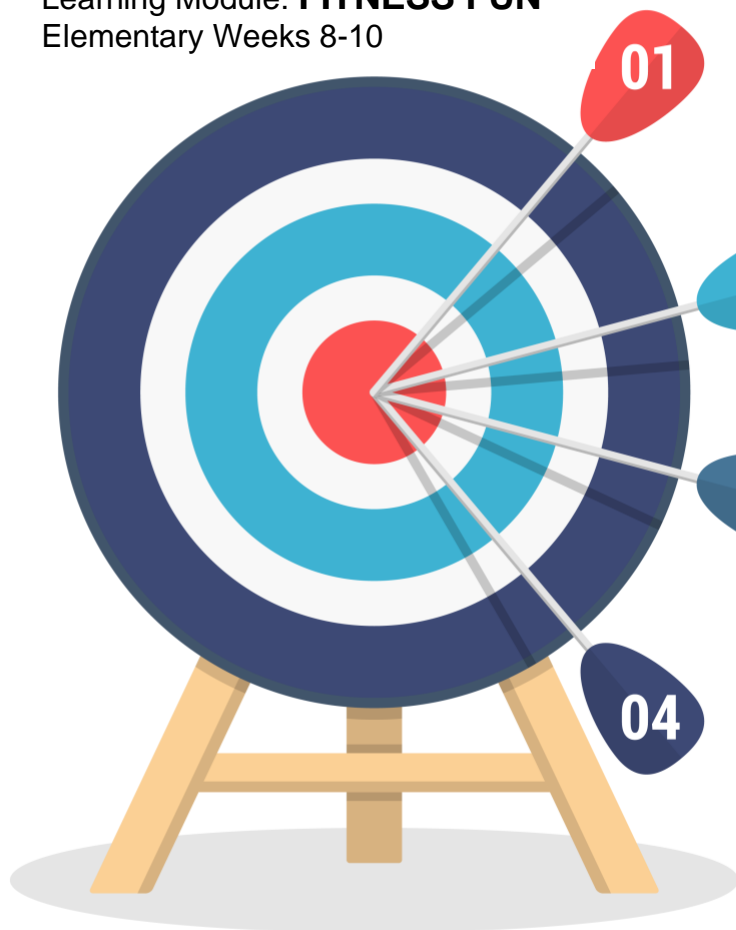




Learning Module: **FITNESS FUN**
Elementary Weeks 8-10



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.

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