I will learn about emotional agility, balance, coordination, power, reaction time, and speed.

I will learn how to move with agility, balance, coordination, power, reaction time, and speed.

Learning Module: **SKILL-RELATED FITNESS**

Intermediate Grades 3 – 5

**Skill-Related Fitness** introduces all 6 components of skill-related fitness, while also focusing on social and emotional learning.
It is important because it will teach us:

* how to practice important skills and activities that are also challenging
* how to be aware of and work to improve social and emotional skills
* how to empathize with my classmates as well as my family and friends

I will learn how to participate safely
in physical education activities with a focus on self-improvement.

I will participate in activities that I enjoy.