Learning Module: **SKILL-RELATED FITNESS**
Intermediate Grades 3 – 5

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

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

**Enjoyment & Challenge**
I will participate in activities that I enjoy.

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

---

**Why are we learning this?**

**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