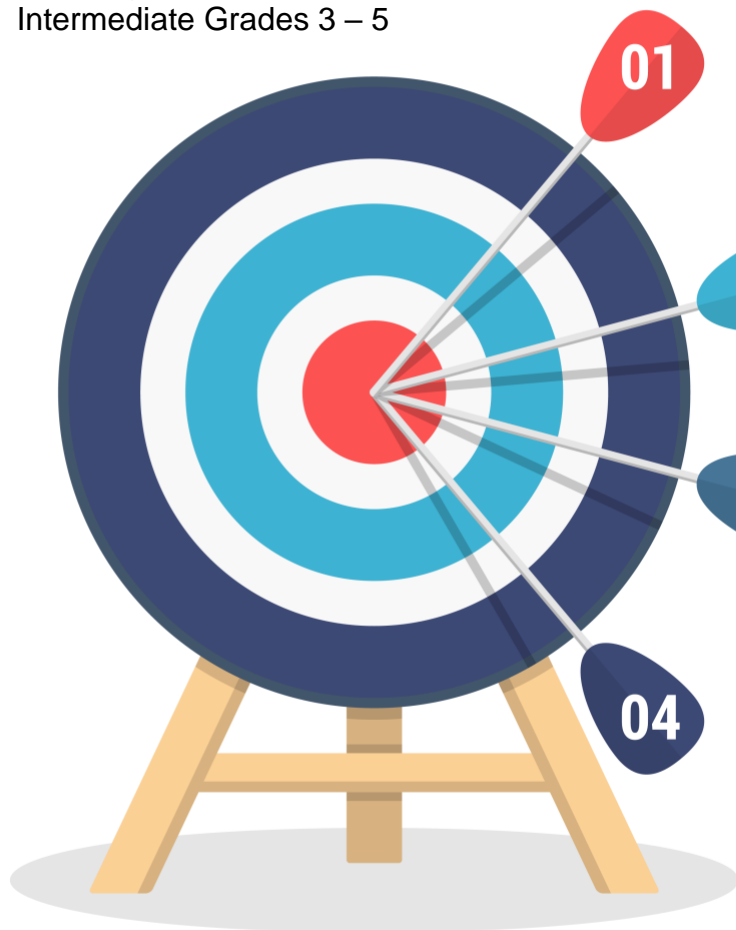




Learning Module: **SKILL-RELATED FITNESS**  
Intermediate Grades 3 – 5



### 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