Learning Module: **BALANCE & COORDINATION**

Primary Grades K – 2

**Balance & Coordination** introduces 2 of the 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 skills and activities that are challenging
* how to use mindful breathing to find emotional balance
* 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.

I will learn about emotional balance and coordination.

I will learn how to move with balance and coordination.