



Learning Module: **BALANCE & COORDINATION**
Primary Grades K – 2

Healthy Body

I will learn how to move with balance and coordination.

Healthy Mind

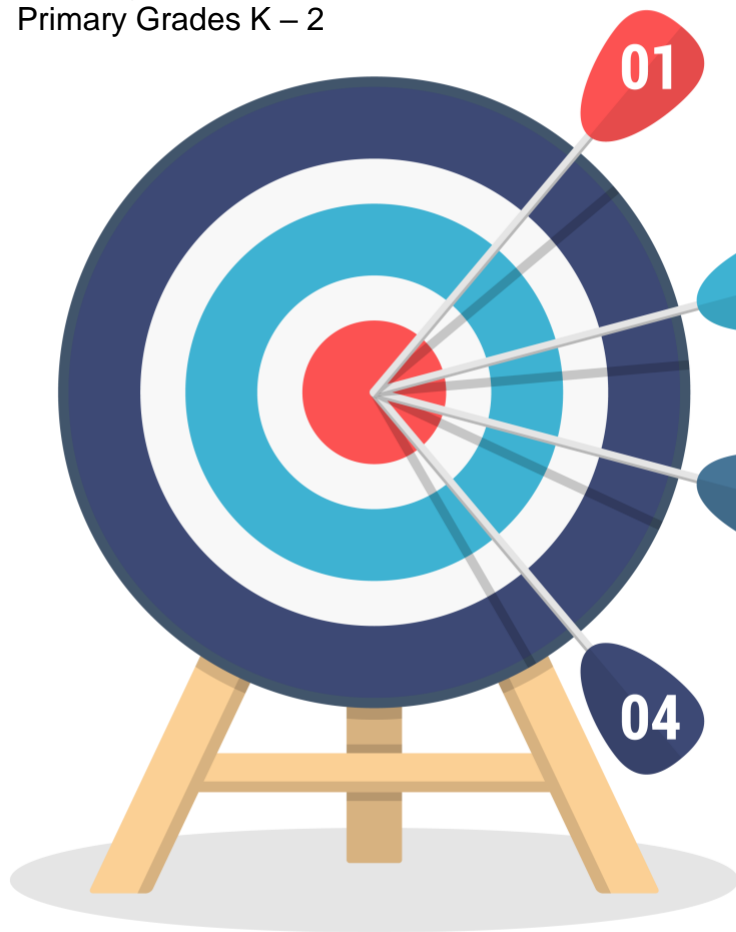
I will learn about emotional balance and coordination.

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?

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