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