



Learning Module:  
**FAMILY PE WEEK**  
Secondary Lessons 1 & 2



### Healthy Body

I will participate in health-enhancing physical activity with my family.

### Healthy Mind

I will practice mindful breathing techniques and share the benefits of mindfulness with my family.

### Enjoyment & Challenge

I will talk about why I enjoy being physically active.

### Building Skills

I will use physical education academic vocabulary while talking about physical activity with my family and classmates.

## Why are we learning this?

**Bring PE to Your Family Week** is a special event in the school year that allows families the chance to experience physical education and learn about the importance of quality physical education and physical activity in their students' school day routine. It is important because it will teach us:

- the benefits of being physically active with friends and family
- the importance of living a physically active lifestyle