



## MODULE OVERVIEW

### ABOUT THIS MODULE

Studies have shown that healthy students get better grades, attend school more, and often behave better in class. This module includes activities that are designed to help students develop the knowledge and skills to be healthy and active for a lifetime.

The pillars of good health are addressed through a variety of engaging and activity-based lessons. This allows physical education teachers the opportunity to address the physical and emotional well-being of students by developing and reinforcing healthy and responsible behaviors.

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SUGGESTED BLOCK PLAN

Lesson	Activities	Suggested Academic Language
1	<ul style="list-style-type: none"> <li>Toss 3</li> <li>Pillars of Health</li> </ul>	Nutrition, Movement, Relaxation, Stress Management, Sleep, Leadership
2	<ul style="list-style-type: none"> <li>RPS Victory Lap</li> <li>Food is Fuel</li> </ul>	Food label, Healthy, Body Composition, Nutrient, Cooperation
3	<ul style="list-style-type: none"> <li>Emotional Health Warm-up</li> <li>On the Run</li> </ul>	Dictation, Paragraph, Locomotor
4	<ul style="list-style-type: none"> <li>Make a My Plate Meal</li> <li>Food Relationships</li> </ul>	Cultural Tradition, Dietary Restriction, Experience, Food Relationship, Influence, Preference, Relationship
5	<ul style="list-style-type: none"> <li>Tabata to Improve</li> <li>Spell It Out</li> </ul>	Heat-related Illness, Cardiorespiratory Endurance, FITT Principle
6	<ul style="list-style-type: none"> <li>Dance With Words (SEL)</li> <li>The A to Zzz's of Sleep</li> </ul>	Sleep, Public Service Announcement, Teamwork
7	<ul style="list-style-type: none"> <li>Partner Poses</li> <li>My Fitness Plan</li> </ul>	Health-related Fitness, Skill-related Fitness, Technology, Goal