

Physical and Health Education (PE) Gr3 – Get Moving

Curriculum: Physical and Health Education

Learning Goals:

- Awareness and understanding of the factors that contribute to a healthy sense of oneself, family, heritage, language, beliefs.
- Identify personal strengths

Materials:

<https://wheelofnames.com/view/63m-f2j/>

Activity:

Everyone needs a balance in life. When you feel you need a break (that's usually every hour), and you have no idea what to do, try this wheel: <https://wheelofnames.com/view/63m-f2j/>

Once launched, click on it for the spinner to choose an exercise you can do. (HINT: if you are not sure what the exercise is, make it up.)

See if you can extend your endurance level. Start at 1 minute duration, then go for 5 minutes the next day. And try for 10-15.

And yes, you can re-spin the wheel.

