


Physical Health Education – Body Reactions

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments -Describe the body's reaction to participating in physical activity in a variety of environments
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Materials
-Safe space for movement (indoors OR outdoors)

Activities

Focus: Body Reactions -Pay attention to your body and breath right now. What do you notice about your breathing? Is it fast or slow? Are you taking deep breaths or shallow breaths? What do you notice about the rest of your body? Are you sweating? Thirsty? Warm or cold? -You will do two different activities for this lesson. During each activity pay attention to your body and your breathing. -Activity one – Yoga/stretching: https://www.youtube.com/watch?v=VW74qA9sno8 -Ask: What did you notice about your body? *Give time for answers* How is your breathing different when you are stretching/doing yoga and when you are sitting? -Activity two – Walking/running: https://www.youtube.com/watch?v=j7adWyHMjwE -Ask: What did you notice about your body? *Give time for answers* How is your breathing different when you are walking/running and when you are sitting?
Extension: -What other physical activities do you enjoy doing (e.g. soccer, dancing, skipping, basketball)? -Pick one physical activity that you enjoy doing. Do it independently or with your grown-up. Pay attention to your body and your breathing. -What are the effects of this activity on your body and your breathing?