

Physical & Health Education – Cool Downs

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
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Materials

-Safe space for movement (indoors or outdoors)

Activities



Focus: Cool Downs

- What do we do when we are finished a physical activity?
- When we finish a physical activity or exercise it is important to do a cool down. A cool down is done to bring your heart rate and breathing back down which allows your body to come to a resting state. A cool down exercise is an easy exercise when you do slower movements, stretches, walks, or jogs.
- Do this GoNoodle exercise video to get you warmed up.
<https://family.gonoodle.com/activities/pump-it-up>
- How does your body and breathing feel? Are you breathing faster or slower?
- Do this Cool Down activity to bring your heart rate and breathing back down.
<https://www.youtube.com/watch?v=9rOQKt6z0d4>
- What do you notice about your body and breathing now?