


Physical & Health Education – Weekly Health Journal

<p>Curriculum: Physical Health Education</p>	<p>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</p>
---------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Materials	
<p>-Safe space for movement (indoors or outdoors) -Weekly Health Journal</p>	

Activities	
	
<p><u>Examples of types of physical activities</u></p>	
<p>-<u>Individual/dual</u>: done alone and/or with others (jump rope, swimming, running, etc).</p>	
<p>-<u>Rhythmic</u>: done to move our bodies in rhythm (dancing, gymnastics, etc).</p>	
<p>-<u>Games</u>: play activities that usually involve rules, strategies, challenges, and social interaction (tag, Simon Says, team games, etc).</p>	
<p>-Complete the following rhythmic activity video https://www.youtube.com/watch?v=KhfkYzUwYFk</p>	
<p>Draw or write the answer to the following questions in your Weekly Health Journal:</p>	
<p>-Create a table like below. Draw and label some examples of indoor and outdoor physical activities. Do you like indoor or outdoor activities better? Circle your favourite physical activity that you drew.</p>	
Indoor	Outdoor
<p>Extension: -Put on your favourite song. Dance to this favourite song as a rhythmic activity. -Ask your grown-up/sibling/peer to join you.</p>	