

Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments -Identify opportunities to make choices that contribute to health and well-being
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Materials

- Safe space for movement (indoors or outdoors)
- Weekly Health Journal
- Video: Calm Kids Full Body Stretch <https://www.youtube.com/watch?v=xELgfiXSw-s>
- Extension video: Alphabet Yoga A-Z <https://www.youtube.com/watch?v=E0RUN0e3ZGY>

Activities



- What is stretching? Stretching is a type of physical exercise. Stretching helps us to become more flexible.
- Try this [Calm Kids Full Body Stretch](#)
- Stretching is one way to promote/help with your health and well-being.
- In your Weekly Health Journal, draw yourself participating in this stretching physical activity. Write about your thoughts on this stretching physical activity. What did you like or not like about it? Is stretching a physical activity you would want to do again? Why/why not?
- Name a time when you made a choice that helped with your health and well-being.
- In your Weekly Health Journal, draw and label three other ways you can promote/help with your health and well-being.

Extension:

- Yoga is another way to practice stretching. Try this [Alphabet Yoga A-Z](#) video. Which pose was your favourite?