


# Physical & Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -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 -Identify and describe opportunities to be physical activity at school, at home, and in the community
---	---

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

<b>Activities</b>

<p><b>Circuits:</b> Circuit training is a type of exercise that works different muscles with minimum amount of rest. You target different muscles groups at a time while alternating which muscle group rests.</p> <p>-Complete the following circuit training video <a href="https://www.youtube.com/watch?v=Uzo_A8CoRGg&amp;app=desktop">https://www.youtube.com/watch?v=Uzo_A8CoRGg&amp;app=desktop</a></p> <p>Answer the following questions in your Weekly Health Journal:</p> <ul style="list-style-type: none"><li>-What physical activity do students participate in at school?</li><li>-What physical activity do you participate in at home?</li><li>-What physical activity is offered in your community?</li><li>-What are your favourite physical activities to participate in?</li></ul> <p><b>Extension:</b></p> <p>-Think of the different physical activities you mentioned above. What are the effects of these physical activities on your body?</p>