


Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Explore and describe components of healthy living
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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, to have a better range of motion, and to have better muscle control. -Try this Calm Kids Full Body Stretch -Stretching is one way to promote/help with your health and well-being. -Name a time when you made a choice that helped with your health and well-being or healthy living. -In your Weekly Health Journal, draw and label three other ways you can promote your healthy living.
Extension: -Yoga is another way to practice stretching. Try this Alphabet Yoga A-Z video. Which pose was your favourite?