

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?

Extension:

-Name 2-3 activities you do that you could or should do a cool down activity after.