

Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments -Explore and describe strategies for pursuing personal healthy-living goals.
---	--

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. Create a goal for how you will incorporate one of these to promote your healthy living.

Extension:

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