


Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments -Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community
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Materials
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

Activities

Circuits: 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.
-Complete the following circuit training video https://www.youtube.com/watch?v=Uzo_A8CoRGg&app=desktop
Answer the following questions in your Weekly Health Journal: -What physical activity do students participate in at school? -What physical activity do you participate in at home? -What physical activity is offered in your community? -What are some potential challenges to participating in these physical activities?
Extension: -Think of the different physical activities you mentioned above. What are the benefits of the different physical activities and exercises?