


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
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Materials
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

Activities

<p><u>Examples of types of physical activities</u></p> <ul style="list-style-type: none">-<u>Individual/dual</u>: done alone and/or with others (jump rope, swimming, running, etc).-<u>Rhythmic</u>: done to move our bodies in rhythm (dancing, gymnastics, etc).-<u>Games</u>: play activities that usually involve rules, strategies, challenges, and social interaction (tag, Simon Says, team games, etc). <p>-Complete the following rhythmic activity video https://www.youtube.com/watch?v=KhfkYzUwYFk</p> <p>Answer the following questions in your Weekly Health Journal:</p> <ul style="list-style-type: none">-What do you notice about your level of physical exertion during the rhythmic activity (e.g. breathing rate, pulse rate, sweating)?-What type of physical activity is your favourite (individual/dual, rhythmic, or games)?-Name one specific physical activity that you prefer (e.g. swimming, running, dancing, etc)?-Name some examples of indoor and outdoor physical activities.-Which do you prefer: indoor or outdoor physical activities? Explain your answer. <p>Extension:</p> <ul style="list-style-type: none">-Create your own physical activity. It can be an individual/dual, rhythmic, or games activity. What will you call this new physical activity?-When would this physical activity be useful? Where might someone learn this new physical activity?