

Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Develop and apply fundamental movement skills in a variety of physical activities and environments. -Identify, apply, and reflect on strategies to pursue personal healthy-living goals.
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Materials

- Safe space for movement (indoors or outdoors)
- Weekly Health Journal
- Video: Empower Tools from GoNoodle
<https://family.gonoodle.com/channels/empower-tools>

Activities



- What is stretching? Stretching can be described as a form of physical exercise in which a muscle is being purposefully stretched or flexed to increase the muscles elasticity/flexibility, a person's range of motion, and muscle control.
- Pick one video from this [Empower Tools webpage](#) to participate in.
- In your Weekly Health Journal, write down how stretching might help with someone's overall health and well-being?

Extension:

- Create three healthy-living goals using the information you know about health and wellness? Use your background knowledge about physical exercise, mental well-being, and healthy eating to create your goals.