


# Physical & Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -Participate daily in physical activity designed to enhance and maintain health components of fitness -Develop, refine, and apply a variety of fundamental movement skills in a variety of physical activities and environments -Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness.
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<b>Materials</b>
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

<b>Activities</b>

<b>Circuits:</b> 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 <a href="https://www.youtube.com/watch?v=Uzo_A8CoRGg&amp;app=desktop">https://www.youtube.com/watch?v=Uzo_A8CoRGg&amp;app=desktop</a>  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? -How does your participation in physical activity at school, home or in the community influence your health and fitness?  <b>Extension:</b> -Think of the different physical activities you mentioned above. Answer the questions below: <ul style="list-style-type: none"><li>• What effect do these different physical activities have on your body?</li><li>• What activities might help you to strengthen muscles and bones?</li><li>• What activities might help you strengthen your heart or lungs?</li><li>• What activities might help you reduce stress or anxiety levels?</li></ul>