


Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -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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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? -How does your participation in physical activity at school, home or in the community influence your health and fitness? Extension: -Think of the different physical activities you mentioned above. Answer the questions below: <ul style="list-style-type: none">• What effect do these different physical activities have on your body?• What activities might help you to strengthen muscles and bones?• What activities might help you strengthen your heart or lungs?• What activities might help you reduce stress or anxiety levels?