


# 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
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<b>Materials</b>
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

<b>Activities</b>

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