


Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments. -Identify and apply 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.