


Physical & Health Education – Weekly Health Journal

<p>Curriculum: Physical Health Education</p>	<p>Learning Goals: -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments -Describe the body's reaction to participating in physical activity in a variety of environments -Identify and describe opportunities to be physical activity at school, at home, and in the community</p>
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Materials
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

Activities			
			
<p>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.</p> <p>-Complete the following circuit training video https://www.youtube.com/watch?v=Uzo_A8CoRGg&app=desktop</p> <p>Draw a chart in your Weekly Health Journal like below. Draw your answers to the following questions in your Weekly Health Journal:</p> <ol style="list-style-type: none"> 1)What physical activity do students participate in at school? 2)What physical activity do you participate in at home? 3)What physical activity is offered in your community? 4)What are your favourite physical activities to participate in? 			
1)School	2)Home	3)Community	4)Favourite
<p>Extension: -Think of the different physical activities you mentioned above. What happens to your body when you do these activities (breathing, sweating, etc.)?</p>			

