


# Physical & Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -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
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<b>Materials</b>
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

<b>Activities</b>				
				
<p><u>Examples of types of physical activities</u></p> <ul style="list-style-type: none"><li>-<u>Individual/dual</u>: done alone and/or with others (jump rope, swimming, running, etc).</li><li>-<u>Rhythmic</u>: done to move our bodies in rhythm (dancing, gymnastics, etc).</li><li>-<u>Games</u>: play activities that usually involve rules, strategies, challenges, and social interaction (tag, Simon Says, team games, etc).</li></ul> <p>-Complete the following rhythmic activity video <a href="https://www.youtube.com/watch?v=KhfkYzUwYFk">https://www.youtube.com/watch?v=KhfkYzUwYFk</a></p> <p>Draw or write the answer to the following questions in your Weekly Health Journal: -Create a table like below. Draw and label some examples of indoor and outdoor physical activities. Do you like indoor or outdoor activities better? Circle your favourite physical activity that you drew.</p> <table border="1" style="width: 100%;"><thead><tr><th style="width: 50%; text-align: center;">Indoor</th><th style="width: 50%; text-align: center;">Outdoor</th></tr></thead><tbody><tr><td style="height: 100px;"></td><td style="height: 100px;"></td></tr></tbody></table>	Indoor	Outdoor		
Indoor	Outdoor			
<p><b>Extension:</b></p> <ul style="list-style-type: none"><li>-Put on your favourite song. Dance to this favourite song as a rhythmic activity.</li><li>-Ask your grown-up/sibling/peer to join you.</li></ul>				