

Physical & Health Education – Weekly Health Journal

Curriculum: Physical Health Education	Learning Goals: -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments -Identify opportunities to make choices that contribute to health and well-being
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Materials

- Safe space for movement (indoors or outdoors)
- Weekly Health Journal
- Video: Calm Kids Full Body Stretch <https://www.youtube.com/watch?v=xELgfiXSw-s>
- Extension video: Alphabet Yoga A-Z <https://www.youtube.com/watch?v=E0RUN0e3ZGY>

Activities



- What is stretching? Stretching is a type of physical exercise. Stretching helps us to become more flexible.
- Try this [Calm Kids Full Body Stretch](#)
- Stretching is one way to promote/help with your health and well-being.
- In your Weekly Health Journal, draw yourself participating in this stretching physical activity. Tell your grown-up, peer, or sibling how you felt about this activity? Did you like or dislike this activity? Would you want to do it again? Why or why not?

Extension:

- Yoga is another way to practice stretching. Try this [Alphabet Yoga A-Z](#) video. Which pose was your favourite?