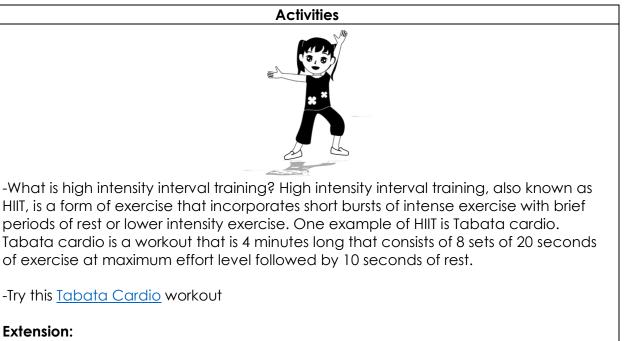
Physical & Health Education – High Intensity Exercise

Curriculum:	Learning Goals:
Physical Health Education	 Participate daily in physical activity at moderate to vigorous intensity levels Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

Materials

-Safe space for movement (indoors or outdoors) -Video: <u>https://www.youtube.com/watch?v=Vgwvw4VTw7Y&app=desktop</u> -Extension video: <u>https://family.gonoodle.com/channels/fresh-start-fitness</u>



-Pick a Fresh Start Fitness video to follow