


## Physical & Health Education – Level Up!

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -Participate daily in physical activity designed to enhance and maintain health components of fitness
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<b>Materials</b>
-Safe space for movement (indoors or outdoors) -Video: <a href="https://www.youtube.com/watch?v=DO-R5EfG_N4&amp;app=desktop">https://www.youtube.com/watch?v=DO-R5EfG_N4&amp;app=desktop</a>

<b>Activities</b>

<p>-Try this <a href="#">Level Up! Exercise</a> video</p> <p>-This exercise video turns the concept of gaming into a physical activity challenge. <u>Brainstorm what else you could turn into a physical activity challenge.</u> This could be a simple thing such as walking to a certain spot in your home. For example, you could create an obstacle course to get to and from your bedroom. This would encourage you to be physically active throughout the day each time you needed to enter or exit your room. It could also be a more in depth thing such as having to do specific movements when you hear different words. For example, when you hear the word "okay" you do 5 jumping jacks, when you hear the word "eat" you do 5 pencil jumps, etc.</p> <p>-Pick one idea from your brainstorm. Create a physical activity challenge out of this idea.</p> <p>-Complete the physical activity challenge that you created. Have a grown-up, sibling, or peer complete your physical activity challenge.</p>
<b>Extension:</b>
<p>-Try <a href="#">Level Up 2! Exercise</a> video</p> <p>-What does level up mean to you? Level up can be defined as increasing your performance at a task.</p> <p>-What is something in your life that you would like to "level up"? Recognize and write about some areas where you could use help.</p> <p>-To increase our performance at something we often must move out of our comfort zone. Write about something you can do to step out of your comfort zone this week.</p>