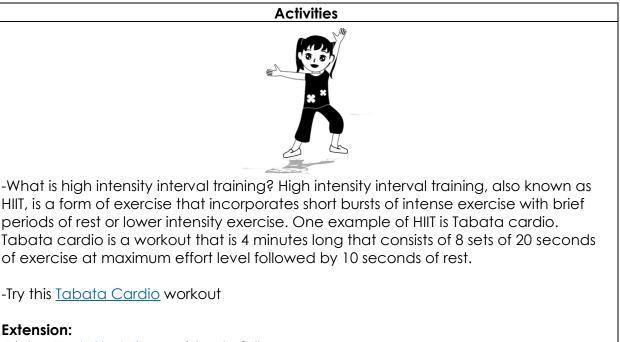
Physical & Health Education – High Intensity Exercise

Curriculum:	Learning Goals:
Physical Health Education	-Participate daily in physical activity
	designed to enhance and maintain
	health components of fitness
	-Develop, refine, 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