


# 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>Answer the following questions in your Weekly Health Journal:</p> <ul style="list-style-type: none"><li>-What type of physical activity is your favourite (individual/dual, rhythmic, or games)?</li><li>-Name one specific physical activity that you prefer (e.g. swimming, running, dancing, etc)?</li><li>-Name some examples of indoor and outdoor physical activities.</li><li>-Which do you prefer: indoor or outdoor physical activities? Explain your answer.</li></ul> <p><b>Extension:</b></p> <ul style="list-style-type: none"><li>-Create your own dance.</li><li>-Think of what song will you pick. Will it be a slow or fast song?</li><li>-Share your new rhythmic dance with your grown-up/sibling/peer.</li></ul>