


# Physical & Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -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
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<b>Materials</b>
-Safe space for movement (indoors or outdoors) -Weekly Health Journal

<b>Activities</b>

<u>Examples of types of physical activities</u> - <u>Individual/dual</u> : done alone and/or with others (jump rope, swimming, running, etc). - <u>Rhythmic</u> : done to move our bodies in rhythm (dancing, gymnastics, etc). - <u>Games</u> : play activities that usually involve rules, strategies, challenges, and social interaction (tag, Simon Says, team games, etc).  -Complete the following rhythmic activity video <a href="https://www.youtube.com/watch?v=KhfkYzUwYFk">https://www.youtube.com/watch?v=KhfkYzUwYFk</a>  Answer the following questions in your Weekly Health Journal: -What do you notice about your level of physical exertion during the rhythmic activity (e.g. breathing rate, pulse rate, sweating)? -What type of physical activity is your favourite (individual/dual, rhythmic, or games)? -Name one specific physical activity that you prefer (e.g. swimming, running, dancing, etc)? -Name some examples of indoor and outdoor physical activities. -Which do you prefer: indoor or outdoor physical activities? Explain your answer.  <b>Extension:</b> -Create your own physical activity. It can be an individual/dual, rhythmic, or games activity. What will you call this new physical activity? -When would this physical activity be useful? Where might someone learn this new physical activity?