







## Lesson 2: Physical Activity Means GO!

|   |                                    |   |
|---|------------------------------------|---|
|    | <b>Skill Objectives</b>            | Connect how fitness provides physical, mental, and social benefits that can improve overall states of health.   |
|    | <b>Big Idea</b>                    | Fitness means keeping your body healthy through good nutrition and exercise so that you can live an active, healthy life.   |
|    | <b>Discussion</b>                  | What is one of your favorite GO activities? How does this activity help you physically, mentally and socially?  |
|  | <b>Engage</b>                      | Activity: GO! Pantomimes<br>Students work in small group to act out different movements and actions associated with various GO activities of their choosing.  |
|  | <b>Review &amp; Reflect</b>        | <ul style="list-style-type: none"> <li>• How can you nourish your MIND-HEART-BODY through fitness?</li> <li>• How can you make sure that information you find about health and fitness is from a reliable and trustworthy source?</li> </ul>  |
|  | <b>Grade-Level Differentiation</b> | <p><b>3rd Grade</b><br/>Help 3rd graders to obtain, process, and understand basic physical activity and nutrition information needed to make health promoting decisions. Students should be able to describe the importance of accessing health information through a variety of credible health resources.</p> <p><b>4th Grade</b><br/>Engage 4th graders in identifying the physical, mental, and social benefits of physical fitness.</p> <p><b>5th Grade</b><br/>Challenge 5th graders to identify, analyze and apply strategies for enhancing and maintaining optimal personal physical fitness throughout the lifespan.</p> |



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