

## **FITNESS CHALLENGES**

**Outcome:** *I can identify physical activities that are good for my health.*

At the conclusion of the fitness portion of the lesson, ask students what activities they did that are good for their health. These questions will help facilitate this brief class discussion.

- What was one activity we did today that was good for your health?  
*(All of them)*
- Why are all activities good for your health? *(Because all activities are good for your health)*
- What are activities you can do at home that are good for your health?
- What about if you are stuck inside? What activities can you do then that are good for your health?

This concept can be reviewed as students prepare to leave at the conclusion of class as well.