

MOVEMENT SKILLS & CONCEPTS

Outcome: *I can discuss the positive social benefits of physical activity.*

At the end of the lesson arrange students in small groups, ask the following:

- What are some social benefits of physical activity? (e.g. be with friends)

As the groups discuss, circulate to hear all groups. Provide feedback to the small groups or the entire class. **This process should take approximately 1-2 minutes.**