

# MOVEMENT SKILLS & CONCEPTS

**Outcome:** *I can describe the positive feelings I have about physical activity to a partner.*

Prior to the lesson focus, review the positive feelings that physical activity can cause. Encourage students to think about those as they go through the activities during the focus.

At the end of the lesson, use toe-to-toe to get students a partner. **Prompt students to tell their partner some positive feelings they have about physical activity.** Finally, invite students to share what they told their partner.