



PE/Health Virtual Learning

# How Moving Well in Physical Activity Creates Enjoyment

May 5th, 2020



6th Grade/Physical Education  
Lesson: [May 5th, 2020]

**Objective/Learning Target:**

**Essential Question/ Objective:** How does moving competently improve enjoyment?

**Learning Target:**

\*Describes how moving competently in a physical activity setting creates enjoyment. (S5.M4.6)



## **Warm up:**

**For your warm up you will be doing a quick write of why you think doing well in a physical activity brings you joy.**

**Write 3 to 4 sentences and make sure it is your own original thoughts before you go through the presentation.**



## Practice:

Below, please watch the video and read the article to understand how moving competently improves enjoyment:

- [How Physical Activity Leads to enjoyment](#)
  - Read the article and watch the video, then write down three things you didn't know about enjoyment and physical activity.
- [Sports Leading to Enjoyment](#)
  - Read this article on how sports can lead to enjoyment.



## **Practice:**

**You will be doing a short essay on what could bring you enjoyment through physical activity. Is there a certain activity that you enjoy more than others? Does accomplishing a goal that you set bring you joy? Think of different goals you have set when it comes to a physical activity, and then describe how that made you feel.**



## **Self Assessment:**

**Answer the questions to the best of your ability:**

- 1. Why do athletes or athletic individuals like to play sports?**
- 2. Can others, besides athletes, benefit from doing a physical activity? Why?**
- 3. What activities do you participate in that you find enjoyable? Explain.**