



PE/Health Virtual Learning

# 6th/Healthy Lifestyle

April 09, 2020



6th/PE/Health  
Lesson: [April 09, 2020]

**Objective/Learning Target:**  
Describes how being physically active  
leads to a healthy body.

Standard (S5.M1.6)



# Essential Question

How does being active lead to a healthy lifestyle?



# Warm up

For your warm up you will read this article and write your top three takeaways.

Article: [Physical Activity Basics](#)



# Practice

Watch video

Take notes over this video, write one thing you learned from each point.

Video: [Benefits of Exercise](#)



# Assessment

You will come up with an activity to do today. Once you have that activity, you need to write down how that activity will help you stay healthy. Use the examples from the video and article that you already have.



# Additional Resources

Video: [Your Brain on Exercise](#)

Article: [Top 10 Benefits of Exercise](#)