



## Unit 3: Movement Exploration

### Week 4 – Lesson 4: Summer Vibes

#### Ophea Resources:

- [Inquiry-Based Learning in Health and Physical Education Resource Guide](#)
- [Resources to Support Parents and Caregivers with Health and Physical Education at Home](#)
  - [Dance activities](#)
  - [Mindfulness activities](#)
  - [Physical activities](#)
  - [Physical activities with math](#)

#### Safety Requirements:

[View Ophea Open Class: Let's Get Started! Video](#)

- Space
- Surface
- Obstacles

#### Learning Goal:

Promoting a variety of indoor and outdoor activities for students and their families to be physically active over the summer time.

## **Modifications:**

- If you are a parent or caregiver for a learner with a disability, OR if you require resources/support/services to access equipment and/or ideas on how to promote physical activity, try reaching out to:
  - Your local government agency that supports families and caregivers for people with disabilities.
  - Your child's teacher or special education resource teacher.
  - Your family doctor.

## **Guiding Questions:**

[\(Adapted from Ophea's Inquiry-Based Learning in Health and Physical Education Resource Guide\)](#)

1. Over the past few weeks, you were introduced to a variety of ways to explore movement. Knowing your strengths, describe some indoor and outdoor games that spark your interest during the warm summer season. (A1.5)
2. Feelings of stress may look, sound and feel different for everyone. What are some things that you can do indoors and/or in the outdoors that can help you cope with these emotions? (A1.2)
3. With some extra free time this summer, do you have a goal for a new activity you want to try, or for a certain number of hours you want to be physically active in a day. (A.1.3, A1.6)