



Unified PE

Day 13: Mental Health

Agenda

What are we doing today?

- Learning Goals
- Vocabulary
- Warm-up: Darebee Firefly
- Activity: Disney Soul – Rock, Paper, Scissors
- Cool Down: Stretching

What's Due?

- Exit ticket – available in announcements & under “Live Lesson Materials” Module

Learning Goals



- I can work hard at home and in school to improve my physical fitness
- I can describe what mental health means
- I can discuss how mental health affects people

Vocabulary

- Mental Health:
 - Includes our emotional, psychological, and social well-being
 - Affects how we think, feel, and act
 - Helps determine how we handle stress, relate to others, and make choices
- [What is Mental Health?](#)





Mental Health and Wellness

- Positive mental health allows people to:
 - Realize their full potential
 - Cope with the stresses of life
 - Work productively
 - Make meaningful contributions to their communities
- Ways to maintain positive mental health include:
 - Get professional help if needed
 - Connect with and help others
 - Stay positive
 - Become physically active
 - Get enough sleep
 - Develop positive coping skills



Firefly

DAREBEE WORKOUT © darebee.com

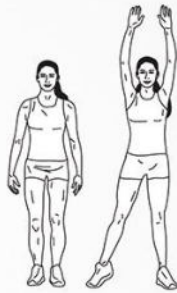
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 march steps



20 arm circles



10 step jacks



20 arm circles



10 back leg raises



20 arm circles

Warm-up: Darebee Firefly

- Complete the following exercises 2x:
 - 10 march steps
 - 20 arm circles
 - 10 step jacks
 - 20 arm circles
 - 10 back leg raises
 - 20 arm circles



Activity: Disney Soul – Rock, Paper, Scissors

- **Directions:** You will have 10 seconds to choose your move. You will complete the exercise that matches your move for 40 seconds
- [Disney Soul - Rock, Paper, Scissors](#)

COOL DOWN AFTER WORKOUT



Cool-Down: Stretching

Hold each
stretch for 20
seconds