

Physical Activity Planning Guide

Instructions: Use this worksheet to plan two movement activities that include learning goals for both physical health and motor development and another RIELDS domain. Begin by describing the movement activities in the first column, and then complete the next two columns, identifying how the activities will support learning goals in different domains. Complete the final column after the video discusses how to add planned language to movement activities.

Describe the Movement Activity (e.g., setting, materials)	Physical Health & Motor Development Learning Goal(s)	Learning Goal(s) from Additional RIELDS Domains	Planned Language (vocabulary, questions, etc.)