**OUTCOMES MAP FOR WEEKS 1-10**

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| **Weeks 1-3** | **Week 1** | **Week 2** | **Week 3** |
| **OPEN Module** | **Believe In You: Developing a healthy, active, and optimistic lifestyle.** | | |
| **Guiding Question** | ***How can I live a healthy, active, and optimistic lifestyle and how will that lifestyle help me reach my goals?*** | | |
| Focus Outcomes  HIGH SCHOOL | **(Values: PE HS)** Selects and participates in regular physical activity based on personal enjoyment and/or self-expression.  **(Responsibility: PRS HS)** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). | **(Values: SI HS)** Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.  (**Responsibility: ETQ HS)** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. | **(Movement: MC HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.  **(Fitness: PA HS)** Discusses the benefits of a physical active lifestyle as it relates to personal career goals. |
| SEL Alignment Focus | **(Self-Awareness)**  Knowing You: Recognize strengths to overcome obstacles. | **(Self-Management)**  Growing You: Apply growth mindset to self-improvement. | **(Social Awareness)**  Seeking Significant Differences: Appreciate and amplify the benefits of human diversity. |

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| **Weeks 4-7** | **Week 4** | **Week 5** | **Week 6** | **Week 7** |
| **OPEN Module** | **Lifetime Fitness Running with Rising New York Road Runners** | | | |
| **Guiding Question** | ***How can I use fitness running and wellness walking to make my body stronger and healthier?*** | | | |
| Focus Outcomes  HIGH SCHOOL | **(Values: PH HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.  **(Fitness: FK HS)** Uses available technology to adjust pacing to keep heart rate in a target zone. | **(Movement: LS HS)** Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities.  **(Responsibility: PRS HS)** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). | **(Values: PH HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.  **(Fitness: FK HS)** Uses available technology to adjust pacing to keep heart rate in a target zone. | **(Values: PH HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.  **(Movement: MC HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill. |
| SEL Alignment Focus | **(Relationship Skills)**  Valuing Relationship Rewards: Communicate and collaborate for the benefit of everyone. | **(Responsible Decision-Making)**  Growing Beyond Yourself: Analyze and solve problems to realize your ethical potential. | **(Self-Awareness)**  Knowing You: Recognize strengths to overcome obstacles. | **(Self-Management)** Growing You: Apply growth mindset to self-improvement. |

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| **Weeks 8-10** | **Week 8** | **Week 9** | **Week 10** |
| **OPEN Module** | **High School Fitness for Mind, Muscle & Health** | | |
| **Guiding Question** | ***How can I build a physically active lifestyle along with healthful nutrition habits?*** | | |
| Focus Outcomes  HIGH SCHOOL | **(Movement: MC HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.  **(Fitness: FP HS)** Creates and implements a life-style plan that includes fitness, nutrition, emotional and mental health, and career/productivity goals. | **(Values: PH HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.  **(Fitness: NU HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness. | **(Values: PE HS)** Selects and participates in regular physical activity based on personal enjoyment and/or self-expression.  **(Responsibility: PRS HS)** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). |
| SEL Alignment Focus | **(Social Awareness)**  Seeking Significant Differences: Appreciate and amplify the benefits of human diversity. | **(Relationship Skills)**  Valuing Relationship Rewards: Communicate and collaborate for the benefit of everyone. | **(Responsible Decision-Making)**  Growing Beyond Yourself: Analyze and solve problems to realize your ethical potential. |

***At the end of the first 10-week period, 11 out of 16 Priority Content Strands will be addressed.***