



2020-21 Mapping Project



HIGH SCHOOL

OUTCOMES MAP FOR WEEKS 1-10

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



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HIGH SCHOOL

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



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HIGH SCHOOL

Weeks 8-10	Week 8	Week 9	Week 10
OPEN Module	High School Fitness for Mind, Muscle & Health		
Guiding Question	<i>How can I build a physically active lifestyle along with healthful nutrition habits?</i>		
Focus Outcomes HIGH SCHOOL	<p>(Movement: MC HS) Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.</p> <p>(Fitness: FP HS) Creates and implements a life-style plan that includes fitness, nutrition, emotional and mental health, and career/productivity goals.</p>	<p>(Values: PH HS) Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.</p> <p>(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.</p>	<p>(Values: PE HS) Selects and participates in regular physical activity based on personal enjoyment and/or self-expression.</p> <p>(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).</p>
SEL Alignment Focus	<p>(Social Awareness) Seeking Significant Differences: Appreciate and amplify the benefits of human diversity.</p>	<p>(Relationship Skills) Valuing Relationship Rewards: Communicate and collaborate for the benefit of everyone.</p>	<p>(Responsible Decision-Making) Growing Beyond Yourself: Analyze and solve problems to realize your ethical potential.</p>

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