**WEEK 1 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss the health-related benefits of being physically active.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will watch and discuss Season 1, Episode 1 of *Believe in You*.
* I will behave in ways that are trustworthy.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education questionnaire and return it to my physical education teacher.
* I will respect at least 6 to 12 feet of my classmates’ personal space.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY: PERSONAL HEALTH

Students recognize the value of physical activity for physical, emotional, and mental health.

* **(HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: SAFETY

* **(Secondary)** Defines and routinely applies strategies for emotional regulation as a part of a social and emotional health practice and overall wellness-based lifestyle.

SOCIAL AWARENESS: SAFETY

* **(Secondary)** Discusses and defends social and ethical norms in order to promote a safe and encouraging learning environment.

**WEEK 2 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss the skill-related benefits of being physically active.
* I will enjoy being physically active with others.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will watch and discuss Season 1, Episode 2 of *Believe in You*.
* I will demonstrate enthusiasm while safely controlling my personal behavior.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical activity choice board and hang it in my home.
* I will respect at least 6 to 12 feet of my classmates’ personal space.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY: SOCIAL INTERACTION

Students recognize the value of physical activity for physical, emotional, and mental health.

* **(HS)** Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: EMPOWERMENT

* **(Secondary)** Applies stress management and impulse control techniques toward the pursuit of defined personal and academic goals.

SELF-AWARENESS: EMPOWERMENT

* **(Secondary)** Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.

**WEEK 3 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss solutions to common barriers to being physically active every day.
* I will thoughtfully complete the Personal Pursuit Worksheet.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will watch and discuss Season 1, Episode 3 of *Believe in You*.
* I will discuss the connection between regular physical activity and my physical and emotional health.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete all tasks on my *Believe In You* physical education checklist.
* I will respect at least 6 to 12 feet of my classmates’ personal space.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

FITNESS KNOWLEDGE: PHYSICAL ACTIVITY KNOWLEDGE

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(HS)** Discusses the benefits of a physical active lifestyle as it relates to personal career goals.

**Social and Emotional Learning Priority Outcomes:**

SOCIAL AWARENESS: EMPOWERMENT

* **(Secondary)** Identifies and utilizes family, school, and community resources and supports in the pursuit of defined personal and collective community goals.

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.