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.