

BELIEVE IN YOU

Weekly Learning Targets

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.

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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.

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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.