

Go Be Great!

Weekly Learning Targets

WEEK 1 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will talk with classmates about why physical activity is good for our health.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will respect at least 6 to 12 feet of my classmates' personal space.
- I will behave in ways that are trustworthy.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will respect at least 6 to 12 feet of personal space around classmates.
- I will look for a safe activity space at home that I can use every day.

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.

- **(3)** Discusses the relationship between physical activity and good health.
- **(4)** Examines the health benefits of available physical activity options.
- **(5)** Compares the health benefits of available physical activity options.

Social and Emotional Learning Priority Outcomes:

SELF-MANAGEMENT: SAFETY

- **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.

SOCIAL AWARENESS: SAFETY

- **(Elementary)** Recognizes and demonstrates respect for social and ethical norms with consideration of self and others.



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Weekly Learning Targets

WEEK 2 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will participate in all physical education learning activities.
- I will enjoy being physically active.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will respect at least 6 to 12 feet of my classmates' personal space.
- 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 respect 6 to 12 feet of personal space around classmates.
- I will draw a map of a safe physical activity space in my home.

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.

- **(3)** Describes positive social interactions that come with physical activity.
- **(4)** Describes and compares positive social interactions when engaged in partner, small-group, and large-group physical activities.
- **(5)** Describes the social benefits gained from physical activity.

Social and Emotional Learning Priority Outcomes:

SELF-MANAGEMENT: SAFETY

- **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.

SELF-AWARENESS: EMPOWERMENT

- **(Elementary)** Identifies personal thoughts and values that contribute to confidence and optimism.



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Weekly Learning Targets

WEEK 3 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will discuss the ways that physical activity improves my health.
- I will enjoy physical activity outside of physical education class.

SOCIAL AND EMOTIONAL OBJECTIVES:

- I will respect at least 6 to 12 feet of my classmates' personal space.
- 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 respect 6 to 12 feet of personal space around classmates.
- I will complete all tasks on my *Go Be Great* physical education checklist.

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.

- **(3)** Identifies physical activity benefits as a way to improve health.
- **(4)** Analyzes different opportunities for participating in physical activity outside physical education class for personal health benefits.
- **(5)** Charts and analyzes physical activity outside physical education class for personal fitness and health benefits.

Social and Emotional Learning Priority Outcomes:

SOCIAL AWARENESS: EMPOWERMENT

- **(Elementary)** Identifies and discusses the value of specific family, school, and community resources and supports.

RELATIONSHIP SKILLS: EMPOWERMENT

- **(Elementary)** Applies constructive language to encourage self/others.

