

# ***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 us.
- I will enjoy being physically active.

#### **SOCIAL AND EMOTIONAL OBJECTIVES:**

- I will control my body and behavior and stay 6 to 12 feet away from my classmates.
- I will behave in ways that are trustworthy.

#### **WELLNESS OBJECTIVES:**

- I will be physically active every day for at least 60 minutes.
- I will look for a safe activity space at home that I can use every day.

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### **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.

- **(K)** Recognize physical activity is important for good health.
- **(1)** Recognize physical activity is important of good physical, emotional, and mental health.
- **(2)** Identifies ways that physical activity improves physical, emotional, and mental health.

#### **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 control my body and behavior and stay 6 to 12 feet away from my classmates.
- I will be enthusiastic, and I will also safely control my personal behavior.

#### **WELLNESS OBJECTIVES:**

- I will be physically active every day for at least 60 minutes.
- I will draw a map of a safe physical activity space in my home.

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### **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.

- **(K)** Discuss the enjoyment of playing with family and friends.
- **(1)** Discuss the reasons for participating in physical activity with friends.
- **(2)** Discuss ways to encourage others to be physically activity with friends.

#### **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.



# ***Go Be Great!***

## **Weekly Learning Targets**

### **WEEK 3 STUDENT LEARNING OBJECTIVES**

#### **PHYSICAL EDUCATION OBJECTIVES:**

- I will talk with my classmates and family about how physical activity improves my health.
- I will enjoy physical activity outside of physical education class.

#### **SOCIAL AND EMOTIONAL OBJECTIVES:**

- I will control my body and behavior and stay 6 to 12 feet away from my classmates.
- I will encourage my friends and family to be physically active every day.

#### **WELLNESS OBJECTIVES:**

- I will be physically active every day for at least 60 minutes.
- I will complete all tasks on my *Go Be Great* physical education checklist.

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### **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.

- **(K)** Identifies active play opportunities outside physical education class.
- **(1)** Discusses the benefits of being active and exercising/playing.
- **(2)** Describes physical activities for participation outside physical education class.

#### **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.

