**WEEK 1 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss the 5 components of health-related fitness.
* 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 complete the physical education questionnaire and return it to my physical education teacher.

**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.

* **(6)** Describes how physical activity positively impacts the body to promote good health.
* **(7)** Identifies and explains the relationship between the five components of health-related fitness and disease prevention.
* **(8)** Seeks out and identifies physical activity options to enrich physical, emotional, and mental health for self and others.

**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 respect my classmates by using positive and encouraging language.
* I will enjoy being physically active with others.

**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 post the Go Be Great Choice Board where I can see it.

**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.

* **(6)** Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
* **(7)** Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.
* **(8)** Demonstrates respect for self by asking for help and helping others in various physical activities.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: SAFETY

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

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 DIY Choice Board.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will respect at least 6 to 12 feet of my classmates’ personal space.
* I will discuss the connection between regular physical activity and my emotional health.

**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.

**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.

* **(6)** Identifies a variety of physical activity options available in the local community.
* **(7)** Identifies barriers to maintaining a physically active lifestyle and seeks solutions for eliminating barriers.  
  **(8)** Explains the connection between regular physical activity and overall physical, emotional, and mental health.

**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.