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.