PHYSICAL EDUCATION OBJECTIVES:
• I will discuss what it means to be healthy and have good health.
• I will be physically active as a way to protect my health.

SOCIAL AND EMOTIONAL OBJECTIVES:
• I will use positive words that help my classmates feel safe.
• I will demonstrate courage as I try new physical activities.

WELLNESS OBJECTIVES:
• I will be physically active every day for at least 60 minutes.
• I will look for a safe route for my family to walk.

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:
RELATIONSHIP SKILLS: SAFETY
• (Elementary) Identifies, discusses and applies communication skills that help establish a positive learning environment for self and others, and enables constructive conflict resolution.

SOCIAL AWARENESS: SAFETY
• (Elementary) Recognizes and demonstrates respect for social and ethical norms with consideration of self and others.
**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**
- I will move with balance and control.
- I will follow all directions without teacher reminders.

**SOCIAL AND EMOTIONAL OBJECTIVES:**
- I will safely control my personal behavior in order to make physical education a positive learning environment.
- I will use my words to help motivate my classmates to be active.

**WELLNESS OBJECTIVES:**
- I will be physically active every day for at least 60 minutes.
- I will draw a map of a safe walking route near my home.

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**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**
**MOVEMENT SKILLS & CONCEPTS: LOCOMOTOR SKILLS**
Students demonstrate skill competency and can apply concepts and strategies to movement and performance.
- (3) Performs locomotor skills with balance at various speeds.
- (4) Uses various locomotor skills in a variety of small-sided games and practice tasks.

**RESPONSIBLE BEHAVIORS: PERSONAL RESPONSIBILITY & SAFETY**
- (5) Engages in physical activity with responsible interpersonal behavior.

**Social and Emotional Learning Priority Outcomes:**
**RESPONSIBLE DECISION-MAKING: SAFETY**
- (Elementary) Identifies and discusses the ethical standards, safety considerations, and social norms that influence decision making.

**RELATIONSHIP SKILLS: EMPOWERMENT**
- (Elementary) Applies constructive language to encourage self and others.
WEEK 3 of 4 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:
• I will complete the health-related fitness word scramble.
• I will discuss the components of fitness required in Loopy Laps activities.

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 work toward completing tasks on my physical education checklist.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:
FITNESS KNOWLEDGE: FITNESS KNOWLEDGE
Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.
• (3) Describes the concept of fitness and provides examples of PA to enhance fitness.
• (4) Identifies the component of health-related and skill-related fitness.
• (5) Identifies activities that require and/or improve the components of fitness.

Social and Emotional Learning Priority Outcomes:
SELF-AWARENESS: SAFETY
• (Elementary) Defines emotions and discusses both their causes and impacts on personal behaviors and health.

SELF-MANAGEMENT: SAFETY
• (Elementary) Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.
WEEK 4 of 4 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:
• I will discuss the health benefits of physical activity.
• I will identify the health-related fitness components related to Loopy Laps activities.

SOCIAL AND EMOTIONAL OBJECTIVES:
• I will participate in activities with a purpose that is meaningful to me.
• I will use positive language in my self-talk.

WELLNESS OBJECTIVES:
• I will be physically active every day for at least 60 minutes.
• I will complete all tasks on my Loopy Laps physical education checklist.

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: EMPOWERMENT
• (Elementary) Defines personal motivation and discusses how motivation can impact personal and academic goals.
SELF-AWARENESS: EMPOWERMENT
• (Elementary) Identifies personal thoughts and values that contribute to confidence and optimism.