**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss the FITT principle and how it relates to good health.
* I will analyze the health benefits of this week’s physical activity choices.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will use positive words that help my classmates feel safe.
* I will demonstrate courage as I work to create a positive activity environment for myself and others.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will build physical activity into my daily routine.

**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.

* **(HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: SAFETY

* **(Secondary)** Applies positive communication skills to seek and offer help and to resist inappropriate social pressure.

SOCIAL AWARENESS: SAFETY

* **(Secondary)** Discusses and defends social and ethical norms in order to promote a safe and encouraging learning environment.

**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss exercise intensity and how it relates to heart rate.
* I will work to keep my heart rate in the heart health zone during activities.

**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 build physical activity into my daily routine.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

FITNESS KNOWLEDGE

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(HS)** Uses available technology to adjust pacing to keep heart rate in a target zone.

**Social and Emotional Learning Priority Outcomes:**

RESPONSIBLE DECISION-MAKING: SAFETY

* **(Secondary)** Evaluates positive and negative consequences of personal behavior options. Makes decisions in the best interest of self and others.

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.

**WEEK 3 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will create a daily plan that includes 60-minutes of physical activity.
* I will discuss my plan for how I will keep my pace my intensity within the heart health zone.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will identify emotions that contribute to optimism.
* I will practice breathing techniques that promote stress management.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will apply safe practices in during my physical activity and exercise choices.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

FITNESS KNOWLEDGE

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(HS)** Uses available technology to adjust pacing to keep heart rate in a target zone.

RESPONSIBLE BEHAVIORS: PERSONAL RESPONSIBILITY & SAFETY

* **(HS)** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration).

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: SAFETY

* **(Secondary)** Recognizes the role of emotions in personal behavior. Applies understanding to establish positive & optimistic patterns of behavior.

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.

**WEEK 4 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will analyze the health benefits of this week’s physical activity choices.
* I will describe and discuss the purpose of routine physical activity.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will include focused breathing in my CYO FITT Dice Challenge.
* I will discuss how focused breathing can help my overall emotional well-being.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete all tasks on my *Lifetime Fitness* 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.

* **(HS)** Analyzes the health benefits of self-selected physical activity and applies choices to personal fitness planning.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: EMPOWERMENT

* **(Secondary)** Applies stress management and impulse control techniques toward the pursuit of defined personal and academic goals.

SELF-AWARENESS: EMPOWERMENT

* **(Secondary)** Recognizes the role of emotion and applies that learning to create a path toward self-improvement and personal achievement.