

LIFETIME FITNESS

Weekly Learning Targets

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.

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Weekly Learning Targets

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.

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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.

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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.