**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 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 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.

* **(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:**

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 look for opportunities to be physically active with family and friends.

**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.

* **(6)** Defines each component of the FITT principle as it relates to personal fitness.
* **(7)** Defines Heart Rate as a way to measure activity Intensity.

RESPONSIBLE BEHAVIORS: PERSONAL RESPONSIBILITY & SAFETY

* **(8)** Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

**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 and how it incorporates the FITT Principle.

**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 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.

* **(6)** Defines each component of the FITT principle as it relates to personal fitness.
* **(7)** Defines Heart Rate as a way to measure activity Intensity.

RESPONSIBLE BEHAVIORS: PERSONAL RESPONSIBILITY & SAFETY

* **(8)** Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

**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 create a safe and effective FITT Dice Challenge.
* 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 *Fitness On The Move* 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.

* **(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: 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.