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 define personal physical activity goals for the next 3 weeks of physical education class.

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.