**WEEK 1 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will choose physical activities that help me stay healthy and fit.
* I will reflect on what areas of my personal fitness I would like to improve.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will identify family and school resources that can help me improve my personal fitness.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will talk about ways that eating fruit helps me stay healthy.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

DEMONSTRATES FITNESS KNOWLEDGE: FITNESS PROGRAMMING

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

* (**3)** Identifies physical activities that contribute to fitness without teacher direction.
* **(4)** Analyses personal fitness and identifies areas for improvement.
* **(5)** Designs a physical activity routine to enhance personal fitness.

**Social and Emotional Learning Priority Outcomes:**

SOCIAL AWARENESS: EMPOWERMENT

* **(Elementary)** Identifies and discusses the value of specific family, school, and community resources and supports.

**WEEK 2 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will discuss the 5 basic food groups and identify foods from each food group.
* I will participate in physical activities that help me stay healthy and fit.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will use positive self-talk to stay focused on my personal goals.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will choose to eat fruits and vegetables.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

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

* **(3)** Identifies the 5 basic food groups.
* **(4)** Identifies a variety of foods from each food group.
* **(5)** Compares and contrasts the health benefits of different food choices.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Elementary)** Applies constructive language to encourage self and others.

**WEEK 3 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will create a 6-minute HIIT routine that works to improve my personal fitness.
* I will create a fun and active Fortune Teller focused on nutritious foods and health-enhancing physical activity.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will make the choice to be physically active every day.
* I will talk about ways that the enjoyment of physical activity improves my emotional health.

**WELLNESS OBJECTIVES:**

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

RESPONSIBLE DECISION-MAKING: EMPOWERMENT

* **(Elementary)** Makes constructive choices about personal behavior in the active pursuit of individual goals.