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.