

Fitness Fun

WEEKLY LEARNING TARGETS

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.



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WEEKLY LEARNING TARGETS

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.



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WEEKLY LEARNING TARGETS

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.

