**WEEK 1 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be physically active during and after school as well as on the weekends.
* I will talk about how food gives my body energy to grow and be active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will identify times and places to be physically active outside of the school day.

**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.

* **(K)** Participates in physical activity in active school programming environments (PE, Recess, Activity Breaks).
* **(1)** Participates in physical activity outside of the school environment.
* **(2)** Participates in physical activities that contribute to 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 talk about how food and physical activity work to keep my mind and body healthy.
* I will identify fruits and vegetables that I enjoy.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will recognize nervousness and use constructive self-talk and breathing strategies to help me relax.

**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.

* **(K)** Recognizes that food provides energy for physical activities.
* **(1)** Identifies foods that promote good health.
* **(2)** Describes the specific roles that nutrition and physical activity play in overall good health.

**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 talk about how the physical activities that I enjoy help my body stay healthy.
* I will talk about why I enjoy 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 ENJOYMENT

Students recognize the value of physical activity for physical, emotional, and mental health.

* **(K)** Recognizes physical activity is important for good health.
* **(1)** Recognizes physical activity is important of good physical, emotional, and mental health.
* **(2)** Identifies ways that physical activity improves physical, emotional, and mental health.

**Social and Emotional Learning Priority Outcomes:**

RESPONSIBLE DECISION-MAKING: EMPOWERMENT

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