

Fitness Fun

WEEKLY LEARNING TARGETS

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.



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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.



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WEEKLY LEARNING TARGETS

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.

