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.
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.