

Fitness Health

WEEKLY LEARNING TARGETS

WEEK 1 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will read about and discuss the 5 components of health-related fitness and the FITT Principle.
- I will define the 5 food groups and give examples of foods from each.

SOCIAL AND EMOTIONAL OBJECTIVE:

- I will consider my family and school resources and I list health-enhancing physical activities that I enjoy and are available to me.

WELLNESS OBJECTIVES:

- I will be physically active every day for at least 60 minutes.
- I will log my daily physical activity and reflect on the benefits and consequences of my activity choices.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

FITNESS: FITNESS PROGRAMMING

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

- **(HS)** Creates and implements a life-style plan that includes fitness, nutrition, emotional and mental health, and career/productivity goals.

Social and Emotional Learning Priority Outcomes:

SOCIAL AWARENESS: EMPOWERMENT

- **(Secondary)** Identifies and utilizes family, school, and community resources and supports in the pursuit of defined personal and collective community goals.



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WEEK 2 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will actively participate in physical activity lessons and discussions.
- I will create a GREAT Goal that is related to my personal fitness and nutrition behaviors.

SOCIAL AND EMOTIONAL OBJECTIVE:

- I will use positive language when writing my personal GREAT Goal.

WELLNESS OBJECTIVES:

- I will seek out and choose nutritious whole foods from all food groups whenever it is possible.
- I will log my daily physical activity and reflect on the benefits and consequences of my activity and nutrition choices.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

FITNESS: NUTRITION

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

- **(HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

Social and Emotional Learning Priority Outcomes:

RELATIONSHIP SKILLS: EMPOWERMENT

- **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.



Fitness Health

WEEKLY LEARNING TARGETS

WEEK 3 STUDENT LEARNING OBJECTIVES

PHYSICAL EDUCATION OBJECTIVES:

- I will actively participate in physical activity lessons and discussions.
- I will create 7 days of daily fitness and nutrition planners and reflected on the targeted benefits of my activity and nutrition choices.

SOCIAL AND EMOTIONAL OBJECTIVE:

- I will discuss the positive and negative consequences of my physical activity and nutrition choices.

WELLNESS OBJECTIVES:

- I will seek out and choose nutritious whole foods from all food groups whenever it is possible.
- I will log my daily physical activity and reflect on the benefits and consequences of my activity and nutrition choices.

CONTENT-SPECIFIC PRIORITY OUTCOMES

Physical Education Priority Outcomes:

FITNESS: FITNESS PROGRAMMING

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

- **(HS)** Creates and implements a life-style plan that includes fitness, nutrition, emotional and mental health, and career/productivity goals.

FITNESS: NUTRITION

- **(HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

Social and Emotional Learning Priority Outcomes:

RESPONSIBLE DECISION-MAKING: EMPOWERMENT

- **(Secondary)** Evaluates the positive and negative consequences of personal behavior options and makes decisions in the best interest of self and others.

