**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.

* **(6)** Maintains a physical activity log for at least two weeks and reflects on activity levels documented in the log.  
  **(7)** Designs a fitness and nutrition plan based on personal fitness goals, emotional and mental health needs, and activity preferences.
* **(8)** Seeks out and identifies fitness opportunities in the local community.

**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.

**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.

* **(6)** Identifies foods from each food group that can be combined to build balanced meals.
* **(7)** Compares and contrasts the health benefits of whole foods versus processed foods.
* **(8)** Seeks out and makes requests for nutritious whole-food choices.

**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.

**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.

* **(6)** Maintains a physical activity log for at least two weeks and reflects on activity levels documented in the log.  
  **(7)** Designs a fitness and nutrition plan based on personal fitness goals, emotional and mental health needs, and activity preferences.
* **(8)** Seeks out and identifies fitness opportunities in the local community.

FITNESS: NUTRITION

* **(6)** Identifies foods from each food group that can be combined to build balanced meals.
* **(7)** Compares and contrasts the health benefits of whole foods versus processed foods.

**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.