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 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.