

# Fitness Plan

## 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.

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### 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.



# Fitness Plan

## WEEKLY LEARNING TARGETS

### 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.

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### 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.



# Fitness Plan

## 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.

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### 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.

