**WEEK 1 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will define balance and talk about why it’s important for movement.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will define emotional balance and talk about mindful breathing as a way to stay emotionally balanced.
* I will talk about things that could make me lose my emotional balance.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education activity log.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY: PERSONAL CHALLENGE

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

* **(3)** Discusses the challenge that comes from learning new physical activities.
* **(4)** Rates the enjoyment of participating in challenging and mastered physical activities.
* **(5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.

**Social and Emotional Learning Priority Outcomes:**

SOCIAL AWARENESS: SAFETY

* **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.

**WEEK 2 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will define coordination and talk about why it’s important for movement.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will define emotional coordination.
* I will talk about what empathy is and why it’s important.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education activity log.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY: PERSONAL CHALLENGE

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

* **(3)** Discusses the challenge that comes from learning new physical activities.
* **(4)** Rates the enjoyment of participating in challenging and mastered physical activities.
* **(5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.

**Social and Emotional Learning Priority Outcomes:**

SOCIAL AWARENESS: SAFETY

* **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.

**WEEK 3 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will perform balance activities with a focus on improvement.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will practice mindful breathing as a way to stay emotionally balanced.
* I will talk about times when mindful breathing will be helpful for keeping emotionally balanced.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education activity log.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: NON-LOCOMOTOR SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(3)** Combines balance and weight transfers with movement concepts.
* **(4)** Combines traveling with balance and weight transfers.
* **(5)** Combines actions and traveling with movement concepts to create movement sequences.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: SAFETY

* **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.

**WEEK 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will perform balloon bop activities with a focus on improving my coordination.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will talk about ways to show empathy for others.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education activity log.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: MANIPULATIVE SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(3)** Demonstrates manipulative skills using mature patterns for control.
* **(4)** Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.
* **(5)** Executes a variety of manipulative skills with control and accuracy in small-sides games/challenges.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: SAFETY

* **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.

**WEEK 5 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will perform balance activities with a focus on improvement.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will practice mindful breathing as a way to stay emotionally balanced.
* I will talk about times when mindful breathing will be helpful for keeping emotionally balanced.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education activity log.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: NON-LOCOMOTOR SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(3)** Combines balance and weight transfers with movement concepts.
* **(4)** Combines traveling with balance and weight transfers.
* **(5)** Combines actions and traveling with movement concepts to create movement sequences.

**Social and Emotional Learning Priority Outcomes:**

SOCIAL AWARENESS: SAFETY

* **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.

SELF-MANAGEMENT: SAFETY

* **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.

**WEEK 6 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will perform balloon bop activities with a focus on improving my coordination.
* I will enjoy being physically active.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will talk about ways to show empathy for others.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will complete the physical education activity log.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: MANIPULATIVE SKILLS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(3)** Demonstrates manipulative skills using mature patterns for control.
* **(4)** Combines locomotor and manipulative skills using mature patterns for accuracy and control in static and dynamic environments.
* **(5)** Executes a variety of manipulative skills with control and accuracy in small-sides games/challenges.

**Social and Emotional Learning Priority Outcomes:**

SOCIAL AWARENESS: SAFETY

* **(Elementary)** Defines emotions and discusses both their causes and impacts on personal behaviors and health.

SELF-MANAGEMENT: SAFETY

* **(Elementary)** Defines and applies strategies for impulse control as well as emotional and behavioral regulation with consideration for self and others.