

# SKILL-RELATED FITNESS

## Weekly Targets

### 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.

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### 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.



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## Weekly Targets

### 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.

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### 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.



# SKILL-RELATED FITNESS

## Weekly Targets

### 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.

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### 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.



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## Weekly Targets

### 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.

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### 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.



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## Weekly Targets

### 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.



# SKILL-RELATED FITNESS

## Weekly Targets

### 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.

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### 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.

