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.
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.