**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.

* **(K)** Acknowledges that some physical activities are challenging/difficult.
* **(1)** Recognizes that challenges can lead to success.
* **(2)** Participates in physical activities that bring confidence and challenge.

**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.

* **(K)** Acknowledges that some physical activities are challenging/difficult.
* **(1)** Recognizes that challenges can lead to success.
* **(2)** Participates in physical activities that bring confidence and challenge.

**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.

* **(K)** Maintains momentary stillness on different bases of support.
* **(1)** Transfers weight from one body part to another in self-space.
* **(2)** Combines balances and transfers in purposeful 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.

* **(K)** Safely manipulates objects using underhand volleys/strikes.
* **(1)** Manipulates and controls objects using underhand volleys/strikes.
* **(2)** Demonstrates control while combining locomotor and manipulative skills in self-space and general space.

**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.

* **(K)** Maintains momentary stillness on different bases of support.
* **(1)** Transfers weight from one body part to another in self-space.
* **(2)** Combines balances and transfers in purposeful 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.

* **(K)** Safely manipulates objects using underhand volleys/strikes.
* **(1)** Manipulates and controls objects using underhand volleys/strikes.
* **(2)** Demonstrates control while combining locomotor and manipulative skills in self-space and general space.

**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.