

BALANCE & COORDINATION

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.

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.



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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.



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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.



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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.



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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.

- **(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.



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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.

