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.