**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to identify the 5 food groups of MyPlate.
* I will be able to discuss why physical activity and nutrition are important for my health.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will give active effort in improving my basic juggling skills.
* I will use positive self-talk words during challenging activities.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will be able to name the correct food groups for the foods that I eat.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(3)** Identifies the 5 basic food groups.
* **(4)** Identifies a variety of foods from each food group.
* **(5)** Compares and contrasts the health benefits of different food choices.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Elementary)**: Identifies personal thoughts and values that contribute to confidence and optimism.

SELF-MANAGEMENT: EMPOWERMENT

* **(Elementary)** Defines personal motivation and discusses how motivation can impact personal and academic goals.

**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to sort foods into the 5 food groups of MyPlate.
* I will be able to discuss why physical activity and nutrition are important for my health.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will give active effort in improving my basic juggling skills.
* I will use positive self-talk words during challenging activities.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will be able to name the correct food groups for the foods that I eat.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(3)** Identifies the 5 basic food groups.
* **(4)** Identifies a variety of foods from each food group.
* **(5)** Compares and contrasts the health benefits of different food choices.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Elementary)**: Identifies personal thoughts and values that contribute to confidence and optimism.

SELF-MANAGEMENT: EMPOWERMENT

* **(Elementary)** Defines personal motivation and discusses how motivation can impact personal and academic goals.

**WEEK 3 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to discuss what a balanced meal looks like.
* I will be able to discuss why physical activity and nutrition are important for my health.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will give active effort in improving my basic juggling skills.
* I will use positive self-talk words during challenging activities.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will be able to discuss the health benefits of the foods that I eat.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(3)** Identifies the 5 basic food groups.
* **(4)** Identifies a variety of foods from each food group.
* **(5)** Compares and contrasts the health benefits of different food choices.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Elementary)**: Identifies personal thoughts and values that contribute to confidence and optimism.

SELF-MANAGEMENT: EMPOWERMENT

* **(Elementary)** Defines personal motivation and discusses how motivation can impact personal and academic goals.

**WEEK 4 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to discuss ways to build balanced and nutritious meals.
* I will be able to discuss why physical activity and nutrition are important for my health.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will give active effort in improving my basic juggling skills.
* I will use positive self-talk words during challenging activities.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.
* I will be able to discuss the health benefits of the foods that I eat.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

Students demonstrate the knowledge and skills required to achieve and maintain a health-enhancing level of personal fitness.

* **(3)** Identifies the 5 basic food groups.
* **(4)** Identifies a variety of foods from each food group.
* **(5)** Compares and contrasts the health benefits of different food choices.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Elementary)**: Identifies personal thoughts and values that contribute to confidence and optimism.

SELF-MANAGEMENT: EMPOWERMENT

* **(Elementary)** Defines personal motivation and discusses how motivation can impact personal and academic goals.