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.
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.