

JUGGLE NUTRITION

Weekly Learning Targets

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.



JUGGLE NUTRITION

Weekly Learning Targets

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.
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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.



JUGGLE NUTRITION

Weekly Learning Targets

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.



JUGGLE NUTRITION

Weekly Learning Targets

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.

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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.

