**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES (HS)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to identify the 5 food groups of MyPlate.
* I will be able to discuss the health benefits of a variety of foods.

**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 try to eat a variety of foods from all 5 food groups.

**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.

* **(HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Secondary)**: Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.

**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES (HS)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to sort foods into the correct food group.
* I will be able to discuss how to build balanced snacks and meals.

**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 try to eat a variety of foods from all 5 food groups.

**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.

* **(HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Secondary)**: Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.

**WEEK 3 of 4 STUDENT LEARNING OBJECTIVES (HS)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to build balanced snacks and meals.
* I will be able to discuss how to build balanced snacks and meals.

**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 try to eat a variety of foods from all 5 food groups.

**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.

* **(HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Secondary)**: Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.

**WEEK 4 of 4 STUDENT LEARNING OBJECTIVES (HS)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will be able to discuss ways to better balance meals that I enjoy.
* I will be able to compare and contrast the nutrition value of different foods.

**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 try to eat a variety of foods from all 5 food groups.

**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.

* **(HS)** Routinely creates/consumes meals and snacks that are based on healthful nutrition as a part of a lifestyle that enhances personal wellness.

**Social and Emotional Learning Priority Outcomes:**

SELF-AWARENESS: EMPOWERMENT

* **(Secondary)**: Recognizes the role of emotion within the context of past experiences and applies that learning to create a path toward self-improvement and personal achievement.