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.
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.