

JUGGLE NUTRITION

Weekly Learning Targets

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.



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Weekly Learning Targets

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.



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Weekly Learning Targets

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.



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Weekly Learning Targets

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.

