

# JUGGLE NUTRITION

## Weekly Learning Targets

### WEEK 1 of 4 STUDENT LEARNING OBJECTIVES (K-2)

#### PHYSICAL EDUCATION OBJECTIVES:

- I will be able to talk about the 5 food groups of MyPlate.
- I will be able to talk about why physical activity and nutrition are important for my health.

#### SOCIAL AND EMOTIONAL OBJECTIVES:

- I will give active effort in improving my tossing and catching 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.

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### 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.

- **(K)** Recognizes that food provides energy for physical activities.
- **(1)** Identifies foods that promote good health.
- **(2)** Describes the specific roles that nutrition and physical activity play in overall good health.

#### 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 (K-2)

#### PHYSICAL EDUCATION OBJECTIVES:

- I will be able to identify nutritious foods that help me stay healthy.
- I will be able to talk about why physical activity and nutrition are important for my health.

#### SOCIAL AND EMOTIONAL OBJECTIVES:

- I will give active effort in improving my tossing and catching 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.

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### CONTENT-SPECIFIC PRIORITY OUTCOMES

#### Physical Education Priority Outcomes:

##### DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

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- **(K)** Recognizes that food provides energy for physical activities.
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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 (K-2)

#### PHYSICAL EDUCATION OBJECTIVES:

- I will be able to talk about what a balanced meal looks like.
- I will be able to talk about why physical activity and nutrition are important for my health.

#### SOCIAL AND EMOTIONAL OBJECTIVES:

- I will give active effort in improving my tossing and catching 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.

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### CONTENT-SPECIFIC PRIORITY OUTCOMES

#### Physical Education Priority Outcomes:

##### DEMONSTRATES FITNESS KNOWLEDGE: NUTRITION

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#### Social and Emotional Learning Priority Outcomes:

##### SELF-AWARENESS: EMPOWERMENT

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##### SELF-MANAGEMENT: EMPOWERMENT

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# JUGGLE NUTRITION

## Weekly Learning Targets

### WEEK 4 of 4 STUDENT LEARNING OBJECTIVES (K-2)

#### PHYSICAL EDUCATION OBJECTIVES:

- I will be able to sort foods from the same food groups together.
- I will be able to talk about why physical activity and nutrition are important for my health.

#### SOCIAL AND EMOTIONAL OBJECTIVES:

- I will give active effort in improving my tossing and catching 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.

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### CONTENT-SPECIFIC PRIORITY OUTCOMES

#### Physical Education Priority Outcomes:

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