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.

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.
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.

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.
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.

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.
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.

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.