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.
• (6) Identifies foods from each food group that can be combined to build balanced meals.
• (8) Seeks out and makes requests for nutritious whole-food choices.

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 (MS)

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.
• (6) Identifies foods from each food group that can be combined to build balanced meals.
• (8) Seeks out and makes requests for nutritious whole-food choices.

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 (MS)

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.
• (6) Identifies foods from each food group that can be combined to build balanced meals.
• (8) Seeks out and makes requests for nutritious whole-food choices.

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.
- (6) Identifies foods from each food group that can be combined to build balanced meals.
- (7) Compares and contrasts the health benefits of whole foods verses processed foods.
- (8) Seeks out and makes requests for nutritious whole-food choices.

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.