**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES (9-12)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I use controlled taps to safely dribble my soccer ball with balance.
* I will focus on purposeful practice in an effort to build my skills.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will reflect on self-care as a practice and complete the Self-care SEL Concept Square.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: MOVEMENT CONCEPTS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: HEALING

* **(Secondary)** Identifies and routinely applies strategies for stress management as a part of a social and emotional health practice and overall wellness-based lifestyle.

**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES (9-12)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will pass to a target by stepping to the target, using a controlled kick with the inside of my foot, and following through to the target.
* I will focus on safety and good form while I practice passing skills.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will reflect on mindfulness as a practice and complete the Mindfulness SEL Concept Square.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: MOVEMENT CONCEPTS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.

**Social and Emotional Learning Priority Outcomes:**

SELF-MANAGEMENT: HEALING

* **(Secondary)** Identifies and routinely applies strategies for stress management as a part of a social and emotional health practice and overall wellness-based lifestyle.

**WEEK 3 of 4 STUDENT LEARNING OBJECTIVES (9-12)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will focus on improving my ball control skills through skill-building activities and practice.
* I will practice all soccer activities with a focus on control and balance.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will reflect on grit as a personal characteristic and complete the Grit SEL Concept Square.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: MOVEMENT CONCEPTS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.

**Social and Emotional Learning Priority Outcomes:**

RESPONSIBLE DECISION-MAKING: EMPOWERMENT

* **(Secondary)** Makes constructive choices about personal behavior and social interactions in the active pursuit of individual and collective goals.

**WEEK 4 of 4 STUDENT LEARNING OBJECTIVES (9-12)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will enjoy soccer skill building activities and routines with a classmate, friend, or family member.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will reflect on gratitude as a practice and complete the Gratitude SEL Concept Square.

**WELLNESS OBJECTIVES:**

* I will be physically active every day for at least 60 minutes.

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

MOVEMENT SKILLS & CONCEPTS: MOVEMENT CONCEPTS

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.

* **(HS)** Uses movement concepts and principles to analyze and improve performance of self and others in a selected skill.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: HEALING

* **(Secondary)** Establishes trusting relationships with adults and peers of diverse backgrounds and abilities. Seeks and offers help from an established social network that includes diverse individuals.