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.
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.
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.