**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I hop and jump with balance.
* I will help my classmates enjoy playing hopscotch by following the rules and using positive language.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will practice mindful breathing during the lesson cool-down.

**WELLNESS OBJECTIVES:**

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

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY:Social Interaction

Students recognize the value of physical activity for physical, emotional, and mental health.   
**(3)** Describes the positive social interactions that come when engaged with others in physical activity.  
**(4)** Describes and compares positive social interactions when engaged in partner, small-group, and large-group physical activities.  
**(5)** Describes the social benefits of participating in physical activity.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.   
**(3)** Performs locomotor skills with balance at various speeds.  
**(4)** Uses various locomotor skills in a variety of small-sided games and practice tasks.

**(5)** Combines traveling with manipulative skills in a variety of small-sided games and practice tasks.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Elementary)** Applies constructive language to encourage self and others.

**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I hop, jump, and hold my balance on both 1 and 2 feet.
* I will help my classmates enjoy playing hopscotch by following the rules and using positive language.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will practice mindful breathing during the lesson cool-down.

**WELLNESS OBJECTIVES:**

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

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY:Social Interaction

Students recognize the value of physical activity for physical, emotional, and mental health.   
**(3)** Describes the positive social interactions that come when engaged with others in physical activity.  
**(4)** Describes and compares positive social interactions when engaged in partner, small-group, and large-group physical activities.  
**(5)** Describes the social benefits of participating in physical activity.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.   
**(3)** Performs locomotor skills with balance at various speeds.  
**(4)** Uses various locomotor skills in a variety of small-sided games and practice tasks.

**(5)** Combines traveling with manipulative skills in a variety of small-sided games and practice tasks.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Elementary)** Applies constructive language to encourage self and others.

**WEEK 3 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I hop and jump with balance while naming fruits and vegetables.
* I will help my classmates enjoy playing hopscotch by following the rules and using positive language.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will practice mindful breathing during the lesson cool-down.

**WELLNESS OBJECTIVES:**

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

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY:Social Interaction

Students recognize the value of physical activity for physical, emotional, and mental health.   
**(3)** Describes the positive social interactions that come when engaged with others in physical activity.  
**(4)** Describes and compares positive social interactions when engaged in partner, small-group, and large-group physical activities.  
**(5)** Describes the social benefits of participating in physical activity.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.   
**(3)** Performs locomotor skills with balance at various speeds.  
**(4)** Uses various locomotor skills in a variety of small-sided games and practice tasks.

**(5)** Combines traveling with manipulative skills in a variety of small-sided games and practice tasks.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Elementary)** Applies constructive language to encourage self and others.

**WEEK 4 of 4 STUDENT LEARNING OBJECTIVES (3-5)**

**PHYSICAL EDUCATION OBJECTIVES:**

* I perform movement skills safely and with balance.
* I will choose to participate in hopscotch games that I enjoy.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will practice mindful breathing during the lesson cool-down.

**WELLNESS OBJECTIVES:**

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

**CONTENT-SPECIFIC PRIORITY OUTCOMES**

**Physical Education Priority Outcomes:**

VALUES PHYSICAL ACTIVITY:Social Interaction

Students recognize the value of physical activity for physical, emotional, and mental health.   
**(3)** Describes the positive social interactions that come when engaged with others in physical activity.  
**(4)** Describes and compares positive social interactions when engaged in partner, small-group, and large-group physical activities.  
**(5)** Describes the social benefits of participating in physical activity.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

Students demonstrate skill competency and can apply concepts and strategies to movement and performance.   
**(3)** Performs locomotor skills with balance at various speeds.  
**(4)** Uses various locomotor skills in a variety of small-sided games and practice tasks.

**(5)** Combines traveling with manipulative skills in a variety of small-sided games and practice tasks.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Elementary)** Applies constructive language to encourage self and others.