

SOCCER NATION

Weekly Learning Targets

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.

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Weekly Learning Targets

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.

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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.

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Social and Emotional Learning Priority Outcomes:

RELATIONSHIP SKILLS: EMPOWERMENT

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

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Weekly Learning Targets

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.

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MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

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

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