**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES (K-2)**

**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.

**(K)** Discusses the enjoyment of playing with family and friends.  
**(1)** Discusses the reasons for participating in physical activity with friends.  
**(2)** Discusses ways to encourage others to be physically activity with friends.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

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

**(K)** Performs locomotor skills with balance.  
**(1)** Travels with balance using a variety of locomotor skills in dynamic environments.

**(2)** Performs locomotor skills using a mature pattern and in rhythm.

**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 (K-2)**

**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.

**(K)** Discusses the enjoyment of playing with family and friends.  
**(1)** Discusses the reasons for participating in physical activity with friends.  
**(2)** Discusses ways to encourage others to be physically activity with friends.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

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

**(K)** Performs locomotor skills with balance.  
**(1)** Travels with balance using a variety of locomotor skills in dynamic environments.

**(2)** Performs locomotor skills using a mature pattern and in rhythm.

**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 (K-2)**

**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.

**(K)** Discusses the enjoyment of playing with family and friends.  
**(1)** Discusses the reasons for participating in physical activity with friends.  
**(2)** Discusses ways to encourage others to be physically activity with friends.

MOVEMENT SKILLS & CONCEPTS: Locomotor Skills

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

**(K)** Performs locomotor skills with balance.  
**(1)** Travels with balance using a variety of locomotor skills in dynamic environments.

**(2)** Performs locomotor skills using a mature pattern and in rhythm.

**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 (K-2)**

**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.

**(K)** Discusses the enjoyment of playing with family and friends.  
**(1)** Discusses the reasons for participating in physical activity with friends.  
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**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

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