

HOPSCOTCH

Universal Design for Learning

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 active 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.

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

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- 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:

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Social and Emotional Learning Priority Outcomes:

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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

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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

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