**WEEK 1 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will encourage my partner and classmates during Tabata skill practice and during game play.
* I will focus on purposeful practice in an effort to build my skills.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will use constructive language in my self-talk to stay focused on skill improvement.

**WELLNESS OBJECTIVES:**

* I will teach 1 friend or family member how to play Slam Ball outside of class.

**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.

* (6) Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
* (7) Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.
* (8) Demonstrates respect for self by asking for help and helping others in various physical activities.
* (HS) Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.

**WEEK 2 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will demonstrate respect for my classmates by playing 2-Square with the spirit of the game.
* I will work to improve my skill and fitness during Volley Tabata practice.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will discuss my action plan for reaching personal goals using constructive and encouraging language.

**WELLNESS OBJECTIVES:**

* I will teach 1 friend or family member how to 2-Square outside of class.

**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.

* (6) Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
* (7) Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.
* (8) Demonstrates respect for self by asking for help and helping others in various physical activities.
* (HS) Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.

**WEEK 3 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will select a square court game that I can enjoy with my classmates.
* I will use language that motivates others to be active and to enjoy being physical activity with others.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will discuss what it means to be an encouraging friend.

**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.

* (6) Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
* (7) Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.
* (8) Demonstrates respect for self by asking for help and helping others in various physical activities.
* (HS) Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.

**WEEK 4 of 4 STUDENT LEARNING OBJECTIVES**

**PHYSICAL EDUCATION OBJECTIVES:**

* I will use physical activity opportunities as a way to spend time with friends and family.

**SOCIAL AND EMOTIONAL OBJECTIVES:**

* I will discuss ways that my personal language reflects kindness.

**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.

* (6) Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.
* (7) Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.
* (8) Demonstrates respect for self by asking for help and helping others in various physical activities.
* (HS) Identifies and evaluates the opportunity for social interaction and social support in self-selected physical activities.

**Social and Emotional Learning Priority Outcomes:**

RELATIONSHIP SKILLS: EMPOWERMENT

* **(Secondary)** Applies constructive language to encourage self and others in the active pursuit of personal and collective goals.