

SQUARE COURT

Weekly Learning Targets

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.

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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

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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.

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Weekly Learning Targets

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.
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Social and Emotional Learning Priority Outcomes:

RELATIONSHIP SKILLS: EMPOWERMENT

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