

Name _____

Standard 2: Movement Knowledge

My Beginning score _____ My goal is to be at score of _____ by _____

Specific actions I am going to take to improve my level of understanding/performance:

4											
3											
2											
1											
0											
	A	B	C	D	E	F	G	H	I	J	Summative Score

- | | |
|--------------------|---------------|
| A. Soccer | F. Badminton |
| B. Football | G. Pickleball |
| C. Volleyball | H. Softball |
| D. Basketball | I. Track |
| E. Weight Training | J. Lawn games |

4	In addition to score 3.0 performance, the student demonstrates advanced knowledge and tactics within the Unit and goes beyond the instructional applications.
3	The student will: Goal 2.1: Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
2	The student will demonstrate and recognize some basic skills within the activity.
1	Attempted, but incorrect
0	No Evidence

Note: a score of .5 may be given when partial proficiency of next level is demonstrated

Objectives:

PE.2.1.1 Identify and apply the critical elements, strategies, and tactics of higher level movements in wall/net, invasion, field/striking, target, dance, outdoor activities, fitness, etc., (e.g., transition from offense to defense, leave no trace, shortest distance, angles of interception, fluid sequential movement, etc.).

PE.2.1.2 Identify principles of practice and biomechanics that enhance movement performance (e.g., describe basic principles of training and how they improve fitness, describe why extending the elbow in striking skills is important, etc.).

PE.2.1.3 Apply external feedback to guide and improve performance (e.g., use videos to refine skills, verbal feedback to improve performance, etc.).