

Name _____

Standard 3: Valuing a Physically Active Lifestyle

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
- B. Football
- C. Volleyball
- D. Basketball
- E. Weight Training
- F. Badminton
- G. Pickleball
- H. Softball
- I. Track
- 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 3.1: Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.
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.3.1.1 Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute, etc.).

PE.3.1.2 Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).

PE.3.1.3 Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, workplace, and community (e.g., bowling, golf, recreational teams, lessons, camping, etc.).

PE.3.1.4 Describe the challenges found both in experiencing high levels of competition and in learning new and/or different activities (e.g., journaling, videos, blogs, etc.).