

Name _____

Standard 4: Personal Fitness

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 4.1: Achieve and maintain a health-enhancing level of physical fitness.
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.4.1.1 Know and demonstrate the health-related fitness components including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition by improving, meeting and/or sustaining gender and age-related contemporary fitness standards as defined by approved tests (e.g., Fitnessgram or President’s Council healthy fitness zone/level, identify various activities that demonstrate each health-related component, etc.).

PE.4.1.2 Know and demonstrate the basic knowledge of skill-related fitness including agility, coordination, balance, power, reaction time, and speed (e.g., President’s Council, assessment series from NASPE, combatives, sprint starts, vertical/standing jump, pilates, etc.).

PE.4.1.3 Participate in a variety of health-related and skill-related fitness activities in diverse settings including school, home, workplace, and community (e.g., hiking, swimming, orienteering, rock climbing, fun runs, social dance, etc.).

PE.4.1.4 Assess physiological indicators of exercise during and after physical activity (e.g., target heart rate zone, perceived exertion, etc.).

