



CW Middle School

PE/Health 6 B

1. Fitness Monitoring (10.00%)

Learning Targets

1.1 I can consistently display proper safety techniques, proper form, and breathing on all equipment in the wellness center.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently display proper safety techniques, proper form, and breathing on all equipment in the wellness center.
3	Developing	I can sometimes display proper safety techniques, proper form, and breathing on all equipment in the wellness center.
2	Basic	I can half of the time display proper safety techniques, proper form, and breathing on all equipment in the wellness center.
1	Minimal	I can display proper safety techniques and operate equipment in the wellness center.
0	No Evidence	No evidence shown.

1.2 I can challenge myself while participating consistently in all initial fitness assessments, collect data, and evaluate my data to national norms.

Learning Target	Descriptor	Definition
4	Proficient	I can challenge myself while participating consistently in all initial fitness assessments, collect data, and evaluate my data to national norms.
3	Developing	I can challenge myself while participating consistently in all initial fitness assessments and collect data.
2	Basic	I can consistently participating in all initial fitness assessments.
1	Minimal	I can consistently participating in some initial fitness assessments.
0	No Evidence	No evidence shown.

1.3 I can challenge myself while participating consistently in all final fitness assessments and improve upon all of my initial fitness data.

Learning Target	Descriptor	Definition
4	Proficient	I can challenge myself while participating consistently in all final fitness assessments and improve upon all of my initial fitness data.
3	Developing	I can participate in all final fitness assessments and improve upon all of my initial fitness data.
2	Basic	I can participate in all final fitness assessments and improve upon some of my initial fitness data.
1	Minimal	I can participate all final fitness assessments.
0	No Evidence	No evidence shown.



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2. Invasion Games (10.00%)

Learning Targets

2.1 I can participate consistently and demonstrate proper techniques consistently in invasion games.


Learning Target	Descriptor	Definition
4	Proficient	I can participate consistently and demonstrate proper techniques consistently in invasion games.
3	Developing	I can participate regularly and demonstrate proper techniques regularly in invasion games.
2	Basic	I can participate sometimes and demonstrate proper techniques sometimes in invasion games.
1	Minimal	I can participate in invasion games.
0	No Evidence	No evidence shown.

3. Outdoor Activities (10.00%)

Learning Targets

3.1 I can participate consistently in outdoor activities to increase my fitness level and evaluate where my fitness level is at.

Learning Target	Descriptor	Definition
4	Proficient	I can participate consistently in outdoor activities to increase my fitness level and evaluate where my fitness level is at.
3	Developing	I can participate regularly in outdoor activities to increase my fitness level and evaluate where my fitness level is at.
2	Basic	I can participate regularly in outdoor activities to increase my fitness level.
1	Minimal	I can participate in outdoor activities.
0	No Evidence	No evidence shown.



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4. Net Games (10.00%)

Learning Targets

4.1 I can consistently display a variety of proper techniques while consistently participating in net games.

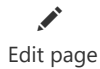
Learning Target	Descriptor	Definition
4	Proficient	I can consistently display a variety of proper techniques while consistently participating in net games.
3	Developing	I can regularly display a variety of proper techniques while regularly participating in net games.
2	Basic	I can sometimes display a variety of proper techniques while participating in net games.
1	Minimal	I can participate in net games.
0	No Evidence	No evidence shown.

5. Target Games (10.00%)

Learning Targets

5.1 I can consistently display a variety of proper techniques while consistently participating in target games.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently display a variety of proper techniques while consistently participating in target games.
3	Developing	I can regularly display a variety of proper techniques while regularly participating in target games.
2	Basic	I can sometimes display a variety of proper techniques while participate in target games.
1	Minimal	I can participate in target games.
0	No Evidence	No evidence shown.



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6. Cardiovascular Activities (10.00%)


Learning Targets

6.1 I can consistently increase my heart rate while participating in cardiovascular activities.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently increase my heart rate while participating in cardiovascular activities.
3	Developing	I can regularly increase my heart rate while participating in cardiovascular activities.
2	Basic	I can sometimes increase my heart rate while participating in cardiovascular activities.
1	Minimal	I can participate in cardiovascular activities.
0	No Evidence	No evidence shown.

6.2 I can consistently perform the basic steps of various dances and be able to identify the counts in the dancing.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently perform the basic steps of various dances and be able to identify the counts in the dancing.
3	Developing	I can regularly perform the basic steps of various dances and be able to identify the counts in the dancing.
2	Basic	I can sometimes perform the basic steps of various dances and be able to identify the counts in the dancing.
1	Minimal	I can participate in various dances.
0	No Evidence	No evidence shown.



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7. Body Systems (10.00%)

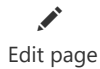
Learning Targets

7.1 I can compare and contrast different bacterial and viral infections of the body systems.

Learning Target	Descriptor	Definition
4	Proficient	I can compare and contrast different bacterial and viral infections of the body systems.
3	Developing	Developing
2	Basic	Basic
1	Minimal	Minimal
0	No Evidence	No evidence shown.

7.2 I can analyze how tobacco and alcohol affect the 11 body systems.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze how tobacco and alcohol affect the 11 body systems.
3	Developing	Developing
2	Basic	Basic
1	Minimal	Minimal
0	No Evidence	No evidence shown.



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8. Nutrition (10.00%)

Learning Targets

8.1 I can compare and contrast the roles of the 6 essential nutrients and give examples of each.

Learning Target	Descriptor	Definition
4	Proficient	I can compare and contrast the roles of the 6 essential nutrients and give examples of each.
3	Developing	Develop
2	Basic	Basic
1	Minimal	Minimal
0	No Evidence	No evidence shown.

8.2 I can calculate my personal BMR and daily allowance of fat, sugar, and salt according to FDA recommendations.

Learning Target	Descriptor	Definition
4	Proficient	I can calculate my personal BMR and daily allowance of fat, sugar, and salt according to FDA recommendations.
3	Developing	Developed
2	Basic	Basic
1	Minimal	Minimal
0	No Evidence	No evidence shown.

9. Human Growth and Development (10.00%)

Learning Targets

9.1 I can analyze how my body will change mentally, physically, and socially during puberty.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze how my body will change mentally, physically, and socially during puberty.
3	Developing	Developing
2	Basic	Basic
1	Minimal	Minimal
0	No Evidence	No evidence shown.

10. Sportsmanship Etiquette (10.00%)



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Learning Targets

10.1 I can conduct myself consistently in a manner that displays respect and sportsmanship. I can consistently demonstrate appropriate sportsmanship behavior and fair play.

Learning Target	Descriptor	Definition
4	Proficient	I can conduct myself consistently in a manner that displays respect and sportsmanship. I can consistently demonstrate appropriate sportsmanship behavior and fair play.
3	Developing	I can conduct myself regularly in a manner that displays respect and sportsmanship. I can regularly demonstrate appropriate sportsmanship behavior and fair play.
2	Basic	I can conduct myself sometimes in a manner that displays respect and sportsmanship. I can sometimes demonstrate appropriate sportsmanship behavior and fair play.
1	Minimal	I can conduct myself with reminders in a manner that displays respect and sportsmanship. I can with reminders demonstrate appropriate sportsmanship behavior and fair play.
0	No Evidence	No evidence shown.


10.2 I can consistently demonstrate safe practices in all physical activity.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently demonstrate safe practices in all physical activity.
3	Developing	I can regularly demonstrate safe practices in all physical activity.
2	Basic	I can sometimes demonstrate safe practices in all physical activity.
1	Minimal	I can with reminders demonstrate safe practices in all physical activity.
0	No Evidence	No evidence shown.

10.3 I can consistently apply correct rules and procedures in all physical activity.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently apply correct rules and procedures in all physical activity.
3	Developing	I can regularly apply correct rules and procedures in all physical activity.
2	Basic	I can sometimes apply correct rules and procedures in all physical activity.
1	Minimal	I can with reminders apply correct rules and procedures in all physical activity.
0	No Evidence	No evidence shown.

10.4 I am consistently accepting and respectful of diversity within the class.


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Learning Target	Descriptor	Definition
4	Proficient	I am consistently accepting and respectful of diversity within the class.
3	Developing	I am regularly accepting and respectful of diversity within the class.
2	Basic	I am sometimes accepting and respectful of diversity within the class.
1	Minimal	I am with reminders accepting and respectful of diversity within the class.
0	No Evidence	No evidence shown.

Submitted on 7/12/2019 by