



CW Middle School

PE/Health 7 A

1. Sportsmanship Etiquette (9.09%)

Learning Targets

1.1 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 sometimes in a manner that displays respect and sportsmanship. I can sometimes demonstrate appropriate sportsmanship behavior and fair play.
2	Basic	I can conduct myself with half of the time in a manner that displays respect and sportsmanship. I can half of the time 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.


1.2 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 sometimes demonstrate safe practices in all physical activity.
2	Basic	I can half of the time 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.

1.3 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 sometimes apply correct rules and procedures in all physical activity.
2	Basic	I can half of the time 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.

1.4 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 sometimes accepting and respectful of diversity within the class.
2	Basic	I am half of the time 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.

2. Fitness Monitoring (9.09%)

Learning Targets

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


Learning Target	Descriptor	Definition
4	Proficient	I can 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 the equipment.
0	No Evidence	No evidence shown.

2.2 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 participate consistently in all initial fitness assessments.
1	Minimal	I can participate in some initial fitness assessments.
0	No Evidence	No evidence shown.

2.3 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.



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

2.4 I can find my pulse on different areas of my body while participating in physical activity to determine my heart rate.

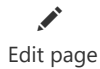
Learning Target	Descriptor	Definition
4	Proficient	I can find my pulse on different areas of my body while participating in physical activity to determine my heart rate.
3	Developing	I can sometimes find my pulse on different areas of my body while participating in physical activity to determine my heart rate.
2	Basic	I can sometimes find my pulse while participating in physical activity to determine my heart rate.
1	Minimal	I can understand how to take my pulse while participating in physical activity.
0	No Evidence	No evidence shown.

3. Invasion Games (9.09%)

Learning Targets

3.1 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 regularly participate and demonstrate proper techniques regularly in invasion games.
2	Basic	I can participate regularly and demonstrate proper techniques sometimes in invasion games.
1	Minimal	I can participate regularly and understand proper techniques in invasion games.
0	No Evidence	No evidence shown.



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4. Outdoor Activities (9.09%)

Learning Targets

4.1 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 regularly assess where my fitness levels are at.
2	Basic	I can understand how outdoor activities increase my fitness level while participating in outdoor activities.
1	Minimal	I can identify outdoor activities that will improve my fitness level while participating in outdoor activities.
0	No Evidence	No evidence shown.

4.2 I can reflect consistently throughout the trimester on outdoor activities I participated in while analyzing at least three major benefits, muscle movements/groups used, and how I can be active outside of school.

Learning Target	Descriptor	Definition
4	Proficient	I can reflect consistently throughout the trimester on outdoor activities I participated in while analyzing at least three major benefits, muscle movements/groups used, and how I can be active outside of school.
3	Developing	I can reflect regularly throughout the trimester on outdoor activities I participated in while analyzing at least three major benefits, muscle movements/groups used, and how I can be active outside of school.
2	Basic	I can summarize throughout the trimester on outdoor activities I participated in while analyzing at least three major benefits, muscle movements/groups used, and how I can be active outside of school.
1	Minimal	I can identify throughout the trimester on outdoor activities I participated in while analyzing at least three major benefits, muscle movements/groups used, and how I can be active outside of school.
0	No Evidence	No evidence shown.



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5. Net Games (9.09%)

Learning Targets

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

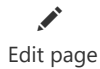
Learning Target	Descriptor	Definition
4	Proficient	I can consistently display a variety of proper techniques while consistently participating in net games.
3	Developing	I can regularly display a variety of proper techniques while consistently participating in net games.
2	Basic	I can sometimes display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

6. Target Games (9.09%)

Learning Targets

6.1 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 some proper techniques while consistently participating in target games.
2	Basic	I can regularly display a variety of techniques while regularly participating in target games.
1	Minimal	I can regularly participate in target games.
0	No Evidence	No evidence shown.



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7. Cardiovascular Activities (9.10%)

Learning Targets

7.1 I can consistently participate in cardiovascular activities to increase my heart rate.

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

8. Mental/Emotional Health (9.09%)

Learning Targets

8.1 I can Describe characteristics of a mentally and emotionally healthy person, discuss how emotions change during adolescence,

Learning Target	Descriptor	Definition
4	Proficient	I can Describe characteristics of a mentally and emotionally healthy person, discuss how emotions change during adolescence,
3	Developing	I can
2	Basic	I can
1	Minimal	I can
0	No Evidence	No evidence shown.

8.2 I can analyze how stress can affect mental and emotional health practices and behavior then construct a plan to reduce stress for myself.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze how stress can affect mental and emotional health practices and behavior then construct a plan to reduce stress for myself.
3	Developing	I can report how stress can affect mental and emotional health practices and behavior then point out ways to reduce stress for myself.
2	Basic	I can explain how stress can affect mental and emotional health practices and behavior then give examples to reduce stress for myself.
1	Minimal	I can list stress can affect mental and emotional health practices.

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Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

8.3 I can analyze the causes, symptoms, and effects of depression and anxiety. I can recognize valid mental health resources to help myself or a friend in need.

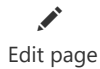
Learning Target	Descriptor	Definition
4	Proficient	I can analyze the causes, symptoms, and effects of depression and anxiety. I can recognize valid mental health resources to help myself or a friend in need.
3	Developing	I can assess the causes, symptoms, and effects of depression and anxiety. I can recognize valid mental health resources to help myself or a friend in need.
2	Basic	I can explain the causes, symptoms, and effects of depression and anxiety. I can identify valid mental health resources to help myself or a friend in need.
1	Minimal	I can list the causes, symptoms, and effects of depression and anxiety. I can list mental health resources.
0	No Evidence	No evidence shown.

8.4 I can recognize warning signs of suicide and analyze steps to suicide prevention.

Learning Target	Descriptor	Definition
4	Proficient	I can recognize warning signs of suicide and analyze steps to suicide prevention.
3	Developing	I can determine warning signs of suicide and assess steps to suicide prevention.
2	Basic	I can summarize warning signs of suicide and steps to suicide prevention.
1	Minimal	I can list warning signs of suicide and identify steps to suicide prevention.
0	No Evidence	No evidence shown.

8.5 I can compare how mental and emotional decisions can be affected by our family, culture, media, peers, and personal beliefs while relating it to the health triangle.

Learning Target	Descriptor	Definition
4	Proficient	I can compare how mental and emotional decisions can be affected by our family, culture, media, peers, and personal beliefs while relating it to the health triangle.
3	Developing	I can
2	Basic	I can
1	Minimal	I can



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Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

9. Social Health and Online Safety (9.09%)

Learning Targets

9.1 I can analyze healthy and unhealthy in family and peer relationships. I can explain why it is wrong to tease, bully, or cyberbully others based on characteristics.


Learning Target	Descriptor	Definition
4	Proficient	I can analyze healthy and unhealthy in family and peer relationships. I can explain why it is wrong to tease, bully, or cyberbully others based on characteristics.
3	Developing	I can assess healthy and unhealthy in family and peer relationships. I can explain why it is wrong to tease, bully, or cyberbully others based on characteristics.
2	Basic	I can summarize healthy and unhealthy in family and peer relationships. I can understand why it is wrong to tease, bully, or cyberbully others based on characteristics.
1	Minimal	I can list healthy and unhealthy in family and peer relationships. I can understand why it is wrong to tease, bully, or cyberbully others based on characteristics.
0	No Evidence	No evidence shown.

9.2 I can compare and contrast a healthy and unhealthy dating relationship.

Learning Target	Descriptor	Definition
4	Proficient	I can compare and contrast a healthy and unhealthy dating relationship.
3	Developing	I can assess a healthy and unhealthy dating relationship.
2	Basic	I can explain a healthy and unhealthy dating relationship.
1	Minimal	I can list a healthy and unhealthy dating relationship.
0	No Evidence	No evidence shown.

9.3 I can evaluate negative peer pressure and practice using refusal skills against negative peer pressure.

Learning Target	Descriptor	Definition
4	Proficient	I can evaluate negative peer pressure and practice using refusal skills against negative peer pressure.
3	Developing	I can assess negative peer pressure and practice using refusal skills against negative peer pressure.
2	Basic	I can summarize negative peer pressure and summarize refusal skills against negative peer pressure.



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Learning Target	Descriptor	Definition
1	Minimal	I can list negative peer pressure and list refusal skills against negative peer pressure.
0	No Evidence	No evidence shown.

9.4 I can analyze risky forms of online self disclosure, dangers of sexting, and their consequences.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze risky forms of online self disclosure, dangers of sexting, and their consequences.
3	Developing	I can investigate risky forms of online self disclosure, dangers of sexting, and their consequences.
2	Basic	I can summarize risky forms of online self disclosure, dangers of sexting, and their consequences.
1	Minimal	I can list risky forms of online self disclosure, dangers of sexting, and their consequences.
0	No Evidence	No evidence shown.

9.5 I can develop a personal plan by setting goals that include several benefits of choosing abstinence.

Learning Target	Descriptor	Definition
4	Proficient	I can develop a personal plan by setting goals that include several benefits of choosing abstinence.
3	Developing	I can develop a personal plan by setting goal that include some benefits of choosing abstinence.
2	Basic	I can develop a personal plan by setting goal that relates to choosing abstinence.
1	Minimal	I can develop goal that relates to choosing abstinence.
0	No Evidence	No evidence shown.



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10. Tobacco Awareness (9.09%)

Learning Targets

10.1 I can analyze tobacco and how it affects the body physically, mentally, and socially

Learning Target	Descriptor	Definition
4	Proficient	I can analyze tobacco and how it affects the body physically, mentally, and socially
3	Developing	I can assess tobacco and how it affects the body physically, mentally, and socially
2	Basic	I can explain what tobacco is and how it affects the body.
1	Minimal	I can list vocab related to tobacco.
0	No Evidence	No evidence shown.

11. Communication & Conflict Resolution (9.09%)

Learning Targets

11.1 I can practice effective communication in a role play situation.

Learning Target	Descriptor	Definition
4	Proficient	I can practice effective communication in a role play situation.
3	Developing	I can explain what effective communication looks like.
2	Basic	I can explain some effective communication strategies.
1	Minimal	I can list some ways to use effective communication.
0	No Evidence	No evidence shown.

11.2 I can demonstrate I statements and how to resolve a conflict.

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate I statements and how to resolve a conflict.
3	Developing	I can explain I statements and how to resolve a conflict.
2	Basic	I can explain an I statement.
1	Minimal	I can list steps for I statement and resolving conflict.
0	No Evidence	No evidence shown.

Submitted on 7/17/2019 by Paula Gates