

Edit page

CW Middle School

PE/Health 7 B

1. Fitness Monitoring (14.29%)

Learning Targets

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

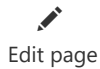
Learning Target	Descriptor	Definition
4	Proficient	I can consistently display proper safety techniques, proper form, and breathing on all equipment in the wellness center.
3	Developing	I can sometimes display proper safety techniques, proper form, and breathing on all equipment in the wellness center.
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 consistently display proper safety techniques and operate the 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 participate in all initial fitness assessments.
1	Minimal	I can participate 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 in all final fitness assessments.
0	No Evidence	No evidence shown.



CW Middle School

PE/Health 7 B

2. Invasion Games (14.29%)

Learning Targets

2.1 I can participate consistently by demonstrating proper techniques of dribbling, passing, and shooting consistently in invasion games.


Learning Target	Descriptor	Definition
4	Proficient	I can participate consistently by demonstrating proper techniques of dribbling, passing, and shooting consistently in invasion games.
3	Developing	I can participate regularly by demonstrating proper techniques of dribbling, passing, and shooting regularly in invasion games.
2	Basic	I can participate regularly by demonstrating some proper techniques of dribbling, passing, and shooting in invasion games.
1	Minimal	I can participate in invasion games.
0	No Evidence	No evidence shown.

2.2 I can participate consistently by demonstrating proper techniques of throwing and catching consistently in invasion games.

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

2.3 I can participate consistently by demonstrating the proper techniques of striking, and kicking consistently in invasion games.

Learning Target	Descriptor	Definition
4	Proficient	I can participate consistently by demonstrating the proper techniques of striking, and kicking consistently in invasion games.
3	Developing	I can participate regularly by demonstrating the proper techniques of striking, and kicking regularly in invasion games.
2	Basic	I can participate sometimes by demonstrating the proper techniques of striking, and kicking sometimes in invasion games.
1	Minimal	I can participate in invasion games.



 Edit page

CW Middle School

PE/Health 7 B

Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

3. Outdoor Activities (14.29%)

Learning Targets

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

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

4. Net Games (14.29%)

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 sometimes participating in net games.
1	Minimal	I can participate in net games.
0	No Evidence	No evidence shown.



CW Middle School

PE/Health 7 B

5. Target Games (14.29%)

Learning Targets

5.1 I can consistently display a variety of proper target game techniques through consistently participating in bowling.

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

6. Cardiovascular Activities (14.26%)

Learning Targets

6.1 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 to increase my heart rate.
2	Basic	I can regularly participate in cardiovascular activities and sometimes increase my heart rate.
1	Minimal	I can participate in cardiovascular activities.
0	No Evidence	No evidence shown.

7. Sportsmanship Etiquette (14.29%)

Learning Targets

7.1 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.



 Edit page

CW Middle School

PE/Health 7 B

Learning Target	Descriptor	Definition
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.

7.2 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.

7.3 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.

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

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.

 Edit page

CW Middle School

PE/Health 7 B

Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

Submitted on 2/17/2019 by Paula Gates