



Edit page

CW Middle School

PE/Health 8 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 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.



 Edit page

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 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 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 of the 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.



CW Middle School

PE/Health 8 A

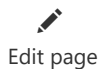
Learning Target	Descriptor	Definition
3	Developing	I can challenge myself while participating consistently in all final fitness assessments and improve upon over half of my initial fitness data.
2	Basic	I can participate consistently in all final fitness assessments.
1	Minimal	I can participate in some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

2.4 I can determine and evaluate my resting, target, and maximum heart rate.

Learning Target	Descriptor	Definition
4	Proficient	I can determine and evaluate my resting, target, and maximum heart rate.
3	Developing	I can determine my resting, target, and maximum heart rate.
2	Basic	I can explain and distinguish how to find resting, target, and maximum heart rate.
1	Minimal	I can define resting, target, and maximum heart rate.
0	No Evidence	No evidence shown.

2.5 I can set and evaluate 2 SMART goals to improve my upper and lower body muscular strength.

Learning Target	Descriptor	Definition
4	Proficient	I can set and evaluate 2 SMART goals to improve my upper and lower body muscular strength.
3	Developing	I can set 2 SMART goals to improve my upper and lower body muscular strength.
2	Basic	I can set 1 SMART goals to improve either my upper or lower body muscular strength.
1	Minimal	I can understand SMART goal and participate in upper and lower body exercises.
0	No Evidence	No evidence shown.



Edit page

CW Middle School

PE/Health 8 A

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 participate regularly 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.

3.2 I can consistently compare and contrast the responsibilities of offense and defense when participating in invasion games while being able to have court recognition.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently compare and contrast the responsibilities of offense and defense when participating in invasion games while being able to have court recognition.
3	Developing	I can regularly compare and contrast the responsibilities of offense and defense when participating in invasion games while being able to have court recognition.
2	Basic	I can regularly compare and contrast the responsibilities of offense and defense when participating in invasion games.
1	Minimal	I can understand the responsibilities of offense and defense while participating in invasion games.
0	No Evidence	No evidence shown.



Edit page

CW Middle School

PE/Health 8 A

4. Outdoor Activities (9.09%)

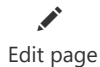
Learning Targets

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 level is at.
2	Basic	I can participate in outdoor activities to increase my fitness level.
1	Minimal	I can participate in outdoor activities to understand how to increase my fitness level.
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.



Edit page

CW Middle School

PE/Health 8 A

5. Net Games (9.09%)

Learning Targets

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

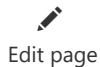
Learning Target	Descriptor	Definition
4	Proficient	I can consistently display a variety of proper techniques while consistently participating in net games.
3	Developing	I can regularly display a variety of proper techniques while consistently participating in net games.
2	Basic	I can regularly display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

6. Cardiovascular Activities (9.09%)

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



Edit page

CW Middle School

PE/Health 8 A

7. Wellness Model (9.09%)

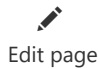
Learning Targets

7.1 I can integrate the wellness wheel into my life and analyze how my choices affect my life balance.

Learning Target	Descriptor	Definition
4	Proficient	I can integrate the wellness wheel into my life and analyze how my choices affect my life balance.
3	Developing	I can integrate the wellness wheel into my life and investigate how my choices affect my life balance.
2	Basic	I can describe the wellness wheel and explain how my choices affect my life balance.
1	Minimal	I can identify the wellness wheel and identify how my choices affect my life balance.
0	No Evidence	No evidence shown.

7.2 I can analyze how to express my emotions and communicate effectively in healthy ways.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze how to express my emotions and communicate effectively in healthy ways.
3	Developing	I can assess how to express my emotions and communicate effectively in healthy ways.
2	Basic	I can summarize how to express my emotions and communicate effectively in healthy ways.
1	Minimal	I can identify how to express my emotions and communicate effectively in healthy ways.
0	No Evidence	No evidence shown.



Edit page

CW Middle School

PE/Health 8 A

8. Mental/Emotional Health (9.09%)

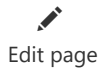
Learning Targets

8.1 I can analyze the signs, causes, symptoms, and effects of depression. Discuss the risk factors that may be present for a student with a mental illness. . I can use the ACT acronym to help a person in need that is showing signs of suicide.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze the signs, causes, symptoms, and effects of depression. Discuss the risk factors that may be present for a student with a mental illness. . I can use the ACT acronym to help a person in need that is showing signs of suicide.
3	Developing	I can analyze the signs, causes, symptoms, and effects of depression. Chart the risk factors that may be present for a student with a mental illness. I can use the ACT acronym to help a person in need that is showing signs of suicide.
2	Basic	I can explain the signs, causes, symptoms, and effects of depression. Explain the risk factors that may be present for a student with a mental illness. . I can explain the ACT acronym to help a person in need that is showing signs of suicide.
1	Minimal	I can identify the signs, causes, symptoms, and effects of depression. Identify the risk factors that may be present for a student with a mental illness. . I can identify the ACT acronym to help a person in need that is showing signs of suicide.
0	No Evidence	No evidence shown.

8.2 I can demonstrate to access valid and reliable mental health and evaluate the emotional health services for myself or someone in need.

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate to access valid and reliable mental health and evaluate the emotional health services for myself or someone in need.
3	Developing	I can demonstrate to access valid and reliable mental health and assess emotional health services for myself or someone in need.
2	Basic	I can explain ways to access valid and reliable mental health and explain emotional health services for myself or someone in need.
1	Minimal	I can identify ways to access valid and reliable mental health and identify emotional health services for myself or someone in need.
0	No Evidence	No evidence shown.



Edit page

CW Middle School

PE/Health 8 A

9. ATOD (9.10%)

Learning Targets

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

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

9.2 I can analyze how peers can influence choices about using alcohol and other drugs.


Learning Target	Descriptor	Definition
4	Proficient	I can analyze how peers can influence choices about using alcohol and other drugs.
3	Developing	I can assess how peers can influence choices about using alcohol and other drugs.
2	Basic	I can summarize how peers can influence choices about using alcohol and other drugs.
1	Minimal	I can list how peers can influence choices about using alcohol and other drugs.
0	No Evidence	No evidence shown.

10. Human Sexuality (9.09%)

Learning Targets

10.1 I can analyze qualities of a healthy relationship, and explain benefits of delaying sexual behavior and choosing abstinence.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze qualities of a healthy relationship, and explain benefits of delaying sexual behavior and choosing abstinence.
3	Developing	I can distinguish qualities of a healthy relationship, and explain benefits of delaying sexual behavior and choosing abstinence.
2	Basic	I can explain qualities of a healthy relationship, and explain benefits of delaying sexual behavior and choosing abstinence.
1	Minimal	I can list qualities of a healthy relationship, and explain benefits of delaying sexual behavior and choosing abstinence.



 Edit page

CW Middle School

PE/Health 8 A


Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

10.2 I can analyze how the reproductive system functions and consequences of not taking care of the reproductive system.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze how the reproductive system functions and consequences of not taking care of the reproductive system.
3	Developing	I can assess how the reproductive system functions and consequences of not taking care of the reproductive system.
2	Basic	I can explain how the reproductive system functions and consequences of not taking care of the reproductive system.
1	Minimal	I can list how the reproductive system functions and consequences of not taking care of the reproductive system.
0	No Evidence	No evidence shown.

10.3 I can demonstrate the ability to assess existing laws and policies designed to protect young people from being sexually exploited.

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate the ability to assess existing laws and policies designed to protect young people from being sexually exploited.
3	Developing	I can assess existing laws and policies designed to protect young people from being sexually exploited.
2	Basic	I can explain existing laws and policies designed to protect young people from being sexually exploited.
1	Minimal	I can list existing laws and policies designed to protect young people from being sexually exploited.
0	No Evidence	No evidence shown.



 Edit page

CW Middle School

PE/Health 8 A

11. Nutrition & Fitness (9.09%)

Learning Targets

11.1 I can analyze the variety of healthy food choices in every food group and recognize the signs of a eating disorders.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze the variety of healthy food choices in every food group and recognize the signs of a eating disorders.
3	Developing	I can assess the variety of healthy food choices in every food group and recognize the signs of a eating disorders
2	Basic	I can explain the variety of healthy food choices in every food group and understand the signs of a eating disorders.
1	Minimal	I can identify the variety of healthy food choices in every food group and identify signs of a eating disorders.
0	No Evidence	No evidence shown.

11.2 I can analyze the 6 essential nutrients and what is recommended for me to keep a balanced diet.

Learning Target	Descriptor	Definition
4	Proficient	I can analyze the 6 essential nutrients and what is recommended for me to keep a balanced diet.
3	Developing	I can analyze the 6 essential nutrients and what is recommended for me to keep a balanced diet.
2	Basic	I can analyze the 6 essential nutrients and what is recommended for me to keep a balanced diet.
1	Minimal	I can list the 6 essential nutrients.
0	No Evidence	No evidence shown.

Submitted on 7/17/2019 by Paula Gates