



CW Middle School

PE/Health 8 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 complete all final fitness assessments and improve upon all of my initial fitness data.
2	Basic	I can complete all final fitness assessments and improve upon some of my initial fitness data.
1	Minimal	I can complete all final fitness assessments.
0	No Evidence	No evidence shown.



 Edit page

CW Middle School

PE/Health 8 B

1.4 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 my resting, target, and maximum heart rate.
1	Minimal	I can define my resting, target, and maximum heart rate.
0	No Evidence	No evidence shown.

1.5 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 and explain 2 SMART goals to improve my upper and lower body muscular strength.
2	Basic	I can set 2 SMART goals to improve my upper and lower body muscular strength.
1	Minimal	I can define SMART goals and explain how they can improve my upper and lower body muscular strength.
0	No Evidence	No evidence shown.



Edit page

CW Middle School

PE/Health 8 B

2. Invasion Games (14.29%)

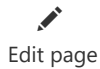
Learning Targets

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 sometimes in invasion games.
0	No Evidence	No evidence shown.

2.2 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 sometimes compare and contrast the responsibilities of offense and defense when participating in invasion games while being able to have some court recognition.
1	Minimal	I can distinguish the responsibilities of offense and defense when participating in invasion games.
0	No Evidence	No evidence shown.



Edit page

CW Middle School

PE/Health 8 B

3. Outdoor Activities (14.29%)

Learning Targets

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


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



Edit page

CW Middle School

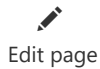
PE/Health 8 B

5. Target Games (14.29%)

Learning Targets

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

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



Edit page

CW Middle School

PE/Health 8 B

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

6.2 I can create and teach my peers a cardiovascular game that increases your heart rate, participate consistently in my peers cardio games while increasing my heart rate during game play, and reflect why cardio is beneficial to ones health.

Learning Target	Descriptor	Definition
4	Proficient	I can create and teach my peers a cardiovascular game that increases your heart rate, participate consistently in my peers cardio games while increasing my heart rate during game play, and reflect why cardio is beneficial to ones health.
3	Developing	I can create and teach my peers a cardiovascular game that increases your heart rate, participate regularly in my peers cardio games while increasing my heart rate during game play, and reflect why cardio is beneficial to ones health.
2	Basic	I can create and teach my peers a cardiovascular game that increases your heart rate, participate regularly in my peers cardio games while increasing my heart rate during game play.
1	Minimal	I can create and teach my peers a cardiovascular game that increases your heart rate and participate in my peers cardio games.
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.



CW Middle School

PE/Health 8 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 sometimes in a manner that displays respect and sportsmanship with reminders needed.
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 8 B

Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

Submitted on 2/17/2019 by Paula Gates