



CW High School

Personal Fitness

1. Fitness Assessment, Weight Room Safety and Exercise Demo (Week 1-2) (16.67%)

Learning Targets

1.1 I can participate in an initial fitness assessment and fully comprehend my level of fitness and knowledge of weight bearing exercises (bench press, push-ups, sit-ups, planks, wall-sits and pacer test)

Learning Target	Descriptor	Definition
4	Proficient	I can participate in an initial fitness assessment and fully comprehend my level of fitness and knowledge of weight bearing exercises (bench press, push-ups, sit-ups, planks, wall-sits and pacer test)
3	Developing	I can participate in an initial fitness assessment and identify my level of fitness and knowledge of exercises.
2	Basic	I can participate in an initial fitness assessment and begin to identify my level of fitness.
1	Minimal	I can participate in some of the initial fitness assessments.
0	No Evidence	No evidence shown.

1.2 I can assess data collected from my initial fitness assessment to set goals to improve my fitness levels. [muscular strength, muscular endurance, cardiovascular fitness, vertical]

Learning Target	Descriptor	Definition
4	Proficient	I can assess data collected from my initial fitness assessment to set goals to improve my fitness levels. [muscular strength, muscular endurance, cardiovascular fitness, vertical]
3	Developing	I can assess my fitness data and begin to set goals to improve my fitness.
2	Basic	I can assess my fitness data.
1	Minimal	I have collected data from my initial fitness assessment.
0	No Evidence	No evidence shown.

1.3 I can describe in detail why it is essential to consistently practice weight room safety protocols with cardiovascular machines, strength machines, and free weight exercises through a written paper assessment.

Learning Target	Descriptor	Definition
4	Proficient	I can describe in detail why it is essential to consistently practice weight room safety protocols with cardiovascular machines, strength machines, and free weight exercises through a written paper assessment.
3	Developing	I can describe proper weight room safety protocols with cardiovascular machines, strength machines, and free weight exercises through a written assessment.
2	Basic	I can describe weight room safety protocols with machines
1	Minimal	I can describe some weight room safety protocols



CW High School

Personal Fitness

Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

1.4 I can demonstrate at least three variations of the bench (bench press, incline bench, close-grip bench) with dumbbells or barbells while demonstrating the 6 perfect form absolutes (bench assessment).

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate at least three variations of the bench (bench press, incline bench, close-grip bench) with dumbbells or barbells while demonstrating the 6 perfect form absolutes (bench assessment).
3	Developing	I can demonstrate multiple variations of the bench press using barbells, dumbbells, and machines
2	Basic	I can demonstrate 2 variations of the bench press.
1	Minimal	I can demonstrate the bench press.
0	No Evidence	No evidence shown.

1.5 I can demonstrate at least three variations of the squat (parallel squat, box squat, dumbbell squat) using my own body weight or with dumbbells or barbells while demonstrating the 6 perfect form absolutes (squat assessment).

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate at least three variations of the squat (parallel squat, box squat, dumbbell squat) using my own body weight or with dumbbells or barbells while demonstrating the 6 perfect form absolutes (squat assessment).
3	Developing	I can demonstrate at least 3 variations of the squat using my own body weight or with dumbbells or barbells.
2	Basic	I demonstrate a body weight squat and use a barbell or dumbbell to squat.
1	Minimal	I can demonstrate a body weight squat.
0	No Evidence	No evidence shown.

1.6 I can demonstrate the hinge movement with my own body weight or with the use of a weighted barbell or dumbbell demonstrating the 6 perfect form absolutes (hinge assessment).

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate the hinge movement with my own body weight or with the use of a weighted barbell or dumbbell demonstrating the 6 perfect form absolutes (hinge assessment).
3	Developing	I can demonstrate a hinge using my own body weight and with the use of a weighted barbell or dumbbell.
2	Basic	I can demonstrate a hinge with my own body weight using perfect form.



CW High School

Personal Fitness

Learning Target	Descriptor	Definition
1	Minimal	I can demonstrate a hinge with my own body weight.
0	No Evidence	No evidence shown.

1.7 I can consistently perform proper weight room safety protocols on all cardiovascular machines, strength machines, and free weight exercises over a 12 week time frame.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently perform proper weight room safety protocols on all cardiovascular machines, strength machines, and free weight exercises over a 12 week time frame.
3	Developing	I can perform proper weight room safety protocols on all cardiovascular machines, strength machines, and free weight exercises.
2	Basic	I can show proper weight room safety protocols with machines or free weights
1	Minimal	I can sometimes show weight room safety protocols
0	No Evidence	No evidence shown.

1.8 I can consistently demonstrate proper form with all upper and lower body machines in the weight room over a 12 week time period.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently demonstrate proper form with all upper and lower body machines in the weight room over a 12 week time period.
3	Developing	I can demonstrate proper form with all upper and lower body machines in the weight room.
2	Basic	I can demonstrate proper form with most of the machines in the weight room
1	Minimal	I can use machines in the weight room.
0	No Evidence	No evidence shown.

2. PLT4M Foundations of Fitness Program and Personal Fitness Project (Week 3-5) (16.67%)

Learning Targets

2.1 I can successfully complete the Foundations of Fitness Program in PLT4M to better understand fitness concepts and foundational movements.

Learning Target	Descriptor	Definition
4	Proficient	I can successfully complete the Foundations of Fitness Program in PLT4M to better understand fitness concepts and foundational movements.



 Edit page

CW High School

Personal Fitness

Learning Target	Descriptor	Definition
3	Developing	I can complete the Foundations of Fitness Program in PLT4M to better understand fitness concepts and foundational movements.
2	Basic	I can complete all assignments in the Foundations of Fitness Program.
1	Minimal	I can complete some assignments in the Foundations of Fitness Program.
0	No Evidence	No evidence shown.

2.2 I can describe in detail what the five health related fitness are and give examples of each through a written exam.


Learning Target	Descriptor	Definition
4	Proficient	I can describe in detail what the five health related fitness are and give examples of each through a written exam.
3	Developing	I can research the five components of health related fitness and give examples of each and explain why they are important to my personal wellness.
2	Basic	I can work independently to research the five components of health related fitness and begin to understand the importance they are to my personal wellness.
1	Minimal	I can research the five components of health related fitness.
0	No Evidence	No evidence shown.

2.3 I can describe in detail what sets and repetitions are and explain why they are important to understand to improve my personal fitness.

Learning Target	Descriptor	Definition
4	Proficient	I can describe in detail what sets and repetitions are and explain why they are important to understand to improve my personal fitness.
3	Developing	I can describe information about varying sets and repetitions and explain why they are essential to understand in order to achieve personal fitness goals.
2	Basic	I can describe information about sets and repetitions and begin to understand what they are.
1	Minimal	I can describe some information about a set and repetition.
0	No Evidence	No evidence shown.

2.4 I can research muscular strength, muscular endurance, cardiovascular exercise, flexibility and body composition physical activities and deliver new and innovative exercises to my peers for them to participate in.

Learning Target	Descriptor	Definition
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 Edit page

CW High School

Personal Fitness

Learning Target	Descriptor	Definition
4	Proficient	I can research muscular strength, muscular endurance, cardiovascular exercise, flexibility and body composition physical activities and deliver new and innovative exercises to my peers for them to participate in.
3	Developing	I can research muscular strength, muscular endurance, cardiovascular , flexibility and body composition physical activities and deliver exercises to my peers for them to participate in.
2	Basic	I can research physical activities and deliver some activities for my peers to participate in.
1	Minimal	I can research physical activities.
0	No Evidence	No evidence shown.

2.5 I can present a personal fitness workout for my peers to participate in, that is 30 minutes in length, and incorporates at least three of the five health related fitness components.

Learning Target	Descriptor	Definition
4	Proficient	I can present a personal fitness workout for my peers to participate in, that is 30 minutes in length, and incorporates at least three of the five health related fitness components.
3	Developing	I can present a fitness workout for my peers to participate incorporates at least three of the five health related fitness components.
2	Basic	I can present a workout for my peers to participate in.
1	Minimal	I can create a workout for my peers.
0	No Evidence	No evidence shown.



CW High School

Personal Fitness

3. Mid-Term Fitness Testing, Goal Setting and Personal Fitness Plan Development (Week 6) (16.67%)

Learning Targets

3.1 I can successfully complete a mid-term fitness assessment (bench press, push-ups, sit-ups, planks, wall-sits and pacer test.)

Learning Target	Descriptor	Definition
4	Proficient	I can successfully complete a mid-term fitness assessment (bench press, push-ups, sit-ups, planks, wall-sits and pacer test.)
3	Developing	I can participate in a mid-term physical assessment of weight bearing strength and cardiovascular exercise.
2	Basic	I can participate in mid term physical and cardiovascular assessments.
1	Minimal	I can participate in mid term physical assessments.
0	No Evidence	No evidence shown.

3.2 I can express in detail several personal fitness goals I want to achieve to improve my health.

Learning Target	Descriptor	Definition
4	Proficient	I can express in detail several personal fitness goals I want to achieve to improve my health.
3	Developing	I can describe several personal fitness goals I want to achieve.
2	Basic	I can describe a fitness goal I want to achieve.
1	Minimal	I can set fitness goals.
0	No Evidence	No evidence shown.

3.3 I can create my own meaningful personal fitness program that includes all 5 health related fitness components (muscular strength, muscular endurance, cardiovascular endurance, flexibility, body composition.)

Learning Target	Descriptor	Definition
4	Proficient	I can create my own meaningful personal fitness program that includes all 5 health related fitness components (muscular strength, muscular endurance, cardiovascular endurance, flexibility, body composition.)
3	Developing	I can use technology to help me plan a well thought out fitness plan.
2	Basic	I can use technology to develop a fitness plan.
1	Minimal	I can develop a fitness lpan.



CW High School

Personal Fitness

Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

4. Personalized Fitness Program Execution and PLT4M Introduction to Nutrition Program (Week 7-11) (16.67%)

Learning Targets

4.1 I can successfully participate in my personal fitness program three days per week, over five week time period, showing improvement in my overall health.

Learning Target	Descriptor	Definition
4	Proficient	I can successfully participate in my personal fitness program three days per week, over five week time period, showing improvement in my overall health.
3	Developing	I can participate in my personal fitness plan over a five week time period.
2	Basic	I can sometimes participate in my personal fitness plan.
1	Minimal	I sometimes participate in fitness activities.
0	No Evidence	No evidence shown.

4.2 I can successfully complete all 11 chapters of the Intro to Nutrition Program in PLT4M and demonstrate knowledge of how food choices play a role in my personal fitness.

Learning Target	Descriptor	Definition
4	Proficient	I can successfully complete all 11 chapters of the Intro to Nutrition Program in PLT4M and demonstrate knowledge of how food choices play a role in my personal fitness.
3	Developing	I can successfully complete the Introduction to Nutrition Program in PLT4M and demonstrate knowledge of how food choices play a role in my personal fitness.
2	Basic	I can complete the Introduction to Nutrition Program.
1	Minimal	I can complete some assignments in the Intro to Nutrition Program.
0	No Evidence	No evidence shown.

4.3 I can consistently participate in Yoga Flow, Dance Fitness, Mastering Mobility or Speed and Agility workouts over a five week time period.

Learning Target	Descriptor	Definition
4	Proficient	I can consistently participate in Yoga Flow, Dance Fitness, Mastering Mobility or Speed and Agility workouts over a five week time period.
3	Developing	I can participate in Yoga Flow, Dance Fitness, Mastering Mobility or Speed and Agility workouts over a 5 week time period.



CW High School

Personal Fitness

Learning Target	Descriptor	Definition
2	Basic	I can participate in Yoga Flow, Dance Fitness, Mastering Mobility or Speed and Agility workouts.
1	Minimal	I can sometimes participate in PLT4M workouts.
0	No Evidence	No evidence shown.

4.4 I can identify and label all major muscles in the human body through a written exam. (One Classroom Day Per Week)

Learning Target	Descriptor	Definition
4	Proficient	I can identify and label all major muscles in the human body through a written exam. (One Classroom Day Per Week)
3	Developing	I can identify and label most all muscles the human body through written exam.
2	Basic	I can identify and label some muscles in the human body.
1	Minimal	I can identify muscles in the human body.
0	No Evidence	No evidence shown.

4.5 I can participate in all individual or team sports activities and display an increased heart rate for 20 or more minutes of class while engaged in the activity.

Learning Target	Descriptor	Definition
4	Proficient	I can participate in all individual or team sports activities and display an increased heart rate for 20 or more minutes of class while engaged in the activity.
3	Developing	I can participate in all individual or team sports activities and display an increased heart rate while engaged in the activity.
2	Basic	I can participate in some team and individual physical activities.
1	Minimal	I show little participate in physical activity games.
0	No Evidence	No evidence shown.

5. Personalized Fitness Program Reflection and Final Fitness Evaluations (Week 12) (16.67%)

Learning Targets

5.1 I can participate in a final fitness assessment and show improvement in my fitness data with muscular strength, muscular endurance, and cardiovascular tests (squat, hinge, lunge, bench press, and pacer test.)



 Edit page

CW High School

Personal Fitness

Learning Target	Descriptor	Definition
4	Proficient	I can participate in a final fitness assessment and show improvement in my fitness data with muscular strength, muscular endurance, and cardiovascular tests (squat, hinge, lunge, bench press, and pacer test.)
3	Developing	I can participate in a final fitness assessment and show some improvement in my fitness data with muscular strength, muscular endurance, and cardiovascular tests (squat, hinge, lunge, bench press, and pacer test.)
2	Basic	I can participate in all final fitness assessments.
1	Minimal	I can participate in some of the final fitness assessment.
0	No Evidence	No evidence shown.

5.2 I can reflect upon my personal fitness goals that I created by writing in detail about my accomplishments, weaknesses, and future fitness goals (writing assessment.)

Learning Target	Descriptor	Definition
4	Proficient	I can reflect upon my personal fitness goals that I created by writing in detail about my accomplishments, weaknesses, and future fitness goals (writing assessment.)
3	Developing	I can reflect upon my personal fitness goals that I created about my accomplishments, weaknesses, and future fitness goals.
2	Basic	I can begin to reflect upon my personal fitness goals.
1	Minimal	I can write about fitness goals.
0	No Evidence	No evidence shown.

5.3 I can reflect upon my four week personal fitness program that I created by writing in detail about the strengths, weakness, and how I would modify my personalized fitness plan (writing assessment.)

Learning Target	Descriptor	Definition
4	Proficient	I can reflect upon my four week personal fitness program that I created by writing in detail about the strengths, weakness, and how I would modify my personalized fitness plan (writing assessment.)
3	Developing	I can reflect upon my four week personal fitness program that I created and participate in by writing about it's strengths and weaknesses.
2	Basic	I can reflect up my four week personal fitness program that I created and participated in by writing.
1	Minimal	I can reflect up on personal fitness program.
0	No Evidence	No evidence shown.

6. Sportsmanship (16.65%)

 Learning Targets
 Edit page

CW High School

Personal Fitness

6.1 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 in a manner that displays respect and sportsmanship. I can demonstrate appropriate sportsmanship behavior and fair play.
2	Basic	I can conduct myself in a manner that displays respect and sportsmanship.
1	Minimal	I can show sportsmanship some of the time in class.
0	No Evidence	No evidence shown.

6.2 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 consistently demonstrate safe practices in all physical activity.
2	Basic	I can consistently demonstrate safe practices in all physical activity.
1	Minimal	I can consistently demonstrate safe practices in all physical activity.
0	No Evidence	No evidence shown.

6.3 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 consistently apply correct rules and procedures in all physical activity.
2	Basic	I can consistently apply correct rules and procedures in all physical activity.
1	Minimal	I can consistently apply correct rules and procedures in all physical activity.
0	No Evidence	No evidence shown.

6.4 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 consistently accepting and respectful of diversity within the class.

 Edit page

CW High School

Personal Fitness

Learning Target	Descriptor	Definition
2	Basic	I am consistently accepting and respectful of diversity within the class.
1	Minimal	I am consistently accepting and respectful of diversity within the class.
0	No Evidence	No evidence shown.

Submitted on 7/20/2021 by