✏
Edit page

CW High School

Phy Ed 11-12

✏️
Edit page

CW High School
Phy Ed 11-12

1. **Fitness Monitoring (12.50%)**

Learning Targets

1.1 I can participate in an initial fitness assessment and am able to identify what the healthy fitness zones are and interpret my strengths and weaknesses. [Pacer, pushups, sit-ups, wall sits, plank hold, vertical]

Learning Target	Descriptor	Definition
4	Proficient	I can participate in an initial fitness assessment and am able to identify what the healthy fitness zones are and interpret my strengths and weaknesses. [Pacer, pushups, sit-ups, wall sits, plank hold, vertical]
3	Developing	I can participate in an initial fitness assess and am able to identify healthy fitness zones and interpret my strengths and weakness.
2	Basic	I can participate in fitness assessments and can start identifying my fitness zones.
1	Minimal	I can participate in some fitness assessments.
0	No Evidence	No evidence shown.

1.2 I can assess data collected from my initial fitness assessment to set SMART 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 SMART goals to improve my fitness levels. [muscular strength, muscular endurance, cardiovascular fitness, vertical]
3	Developing	I can assess my fitness data and have created some SMART goals to improve my fitness level.
2	Basic	I can assess my fitness data and have started setting fitness goals.
1	Minimal	I can begin to assess my fitness data.
0	No Evidence	No evidence shown.

1.3 I can participate in a final fitness assessment and am able to improve in all of my personal fitness levels. [Pacer, push-ups, sit-ups, wall sits, plank hold, vertical]

Learning Target	Descriptor	Definition
4	Proficient	I can participate in a final fitness assessment and am able to improve in all of my personal fitness levels. [Pacer, push-ups, sit-ups, wall sits, plank hold, vertical]
3	Developing	I completed all 5 fitness assessments and improved 2 of my fitness levels.
2	Basic	I completed 4 of the fitness assessments.
1	Minimal	I completed 3 fitness assessments.
0	No Evidence	No evidence shown.

✏️
Edit page

CW High School
Phy Ed 11-12

2. **Wellness Center** (12.50%)

Learning Targets

2.1 **I can display and encourage fellow students to use proper safety techniques on all upper and lower body equipment.**

Learning Target	Descriptor	Definition
4	Proficient	I can display and encourage fellow students to use proper safety techniques on all upper and lower body equipment.
3	Developing	I can display proper safety techniques on all upper and lower body equipment.
2	Basic	I can identify and list the safety procedures for each piece of equipment.
1	Minimal	I can identify the equipment in the Wellness Center.
0	No Evidence	No evidence shown.

2.2 **I can create a personalized fitness plan based upon my fitness needs that includes upper and lower body exercises, cardiovascular activity, and core training that I can execute in the Wellness Center over a 12 week time period.**

Learning Target	Descriptor	Definition
4	Proficient	I can create a personalized fitness plan based upon my fitness needs that includes upper and lower body exercises, cardiovascular activity, and core training that I can execute in the Wellness Center over a 12 week time period.
3	Developing	I can create a personalized fitness plan based upon my fitness needs that includes a variety of exercises that I will execute.
2	Basic	I can create a fitness plan that includes limited detail and participate in Wellness Center.
1	Minimal	I can participate in the Wellness Center
0	No Evidence	No evidence shown.

3. **Outdoor Pursuits** (12.50%)

Learning Targets

3.1 **I can safely participate, monitor, and adjust my fitness levels during outdoor pursuits so I achieve high levels of MVPA (moderate to vigorous physical activity) during each class.**

Learning Target	Descriptor	Definition
4	Proficient	I can safely participate, monitor, and adjust my fitness levels during outdoor pursuits so I achieve high levels of MVPA (moderate to vigorous physical activity) during each class.
3	Developing	I can safely participate in outdoor pursuits and able to monitor my fitness levels.
2	Basic	I can safely participate in outdoors pursuits.

✏️
Edit page

CW High School
Phy Ed 11-12

Learning Target	Descriptor	Definition
1	Minimal	I can participate in outdoor pursuits.
0	No Evidence	No evidence shown.

3.2 I can demonstrate how to properly use a wide variety of technology to log physical activity levels during outdoor pursuits. [heart rate monitor, fit bit, computer, fitness apps, pedometer]

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate how to properly use a wide variety of technology to log physical activity levels during outdoor pursuits. [heart rate monitor, fit bit, computer, fitness apps, pedometer]
3	Developing	I can demonstrate how to properly use technology to log my physical activity levels.
2	Basic	I can use technology to log physical activity levels.
1	Minimal	I can log my physical activity level.
0	No Evidence	No evidence shown.

3.3 I can perform essential equipment safety checks; display proper protective gear at all times, and abides by class rules, protocols, and state laws in order to safely participate in outdoor pursuits.

Learning Target	Descriptor	Definition
4	Proficient	I can perform essential equipment safety checks; display proper protective gear at all times, and abides by class rules, protocols, and state laws in order to safely participate in outdoor pursuits.
3	Developing	I can perform safety check, display proper protective gear to safely participate in outdoor pursuits.
2	Basic	I can safely participate in outdoor pursuits and display proper protective gear.
1	Minimal	I can participate in outdoor pursuits.
0	No Evidence	No evidence shown.

3.4 I can assess what health related fitness components I am utilizing during varying outdoor pursuits and explain in detail how the physical activity is beneficial to my overall wellness. [muscular strength, endurance, cardiovascular, flexibility]

Learning Target	Descriptor	Definition
4	Proficient	I can assess what health related fitness components I am utilizing during varying outdoor pursuits and explain in detail how the physical activity is beneficial to my overall wellness. [muscular strength, endurance, cardiovascular, flexibility]
3	Developing	I can assess what health related fitness component I am utilizing during varying outdoor pursuits and begin to explain how this is important to my wellness.

CW High School
Phy Ed 11-12

Learning Target	Descriptor	Definition
2	Basic	I can begin to assess what health related fitness component I am utilizing when participating in varying outdoor pursuits.
1	Minimal	I can assess that physical activity is beneficial.
0	No Evidence	No evidence shown.

3.5 I can demonstrate proper etiquette and knowledge of all outdoor pursuits and adjust my skill, form, strategy, and body mechanics so that I am successful. [disc golf and golf etiquette, scoring strategies, types of throwing]

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate proper etiquette and knowledge of all outdoor pursuits and adjust my skill, form, strategy, and body mechanics so that I am successful. [disc golf and golf etiquette, scoring strategies, types of throwing]
3	Developing	I can demonstrate proper etiquette and knowledge of the activity skill to successfully participate in outdoor pursuits.
2	Basic	I can demonstrate knowledge of the activity to participle in outdoor pursuits.
1	Minimal	I can participate in outdoor pursuits.
0	No Evidence	No evidence shown.

✏️
Edit page

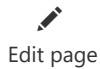# CW High School
Phy Ed 11-12

4. Bowling (12.50%)

Learning Targets

4.1 **I can display proper lane etiquette and knowledge of scoring while participating in bowling with my peers.**

Learning Target	Descriptor	Definition
4	Proficient	I can display proper lane etiquette and knowledge of scoring while participating in bowling with my peers.
3	Developing	I am in the beginning stages of displaying proper etiquette and knowledge of scoring while bowling with my peers.
2	Basic	I can display proper knowledge of scoring while participating in bowling with my peers.
1	Minimal	I can participate in bowling with my peers.
0	No Evidence	No evidence shown.

4.2 **I can consistently demonstrate a proper grip and a fundamental approach while participating in bowling.**

Learning Target	Descriptor	Definition
4	Proficient	I can consistently demonstrate a proper grip and a fundamental approach while participating in bowling.
3	Developing	I can demonstrate a proper grip and a shows signs of a fundamental approach.
2	Basic	I can demonstrate a proper a bowling ball grip.
1	Minimal	I can bowl.
0	No Evidence	No evidence shown.

✏️
Edit page

CW High School
Phy Ed 11-12

5. Archery (12.50%)

Learning Targets

5.1 I can identify, label, and explain the function of the critical parts of an arrow and compound bow. [fletching, arrow, shaft, limb, cam, arrow rest, handle]

Learning Target	Descriptor	Definition
4	Proficient	I can identify, label, and explain the function of the critical parts of an arrow and compound bow. [fletching, arrow, shaft, limb, cam, arrow rest, handle]
3	Developing	I can identify, label and being to understand the function of the critical parts of and arrow and bow.
2	Basic	I can identify and label the critical parts of and arrow and bow.
1	Minimal	I can identify an arrow and bow.
0	No Evidence	No evidence shown.

5.2 I can demonstrate consistent stance, form, anchor point, and release while safely shooting a compound bow into a target. [wide feet, consistent anchor point, follow through

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate consistent stance, form, anchor point, and release while safely shooting a compound bow into a target. [wide feet, consistent anchor point, follow through
3	Developing	I can I can demonstrate form, stance, anchor point, and release while shooting a compound bow.
2	Basic	I can demonstrate proper stance while shooting a bow.
1	Minimal	I can shoot a compound bow.
0	No Evidence	No evidence shown.

✏️
Edit page

CW High School
Phy Ed 11-12

6. **Invasion Games** (12.50%)

Learning Targets

6.1 I can identify the rules and explain games tactics to successfully participate in all invasion and net wall games. [rules, passing an object to a teammate, moving without the ball, defense and offense strategy]

Learning Target	Descriptor	Definition
4	Proficient	I can identify the rules and explain games tactics to successfully participate in all invasion and net wall games. [rules, passing an object to a teammate, moving without the ball, defense and offense strategy]
3	Developing	I can identify rules and successfully participate in all invasion and net wall games.
2	Basic	I can identify some rules and participate in all invasion and net wall games.
1	Minimal	I can participate in all invasion and net wall games.
0	No Evidence	No evidence shown.

7. **Net Wall Games** (12.50%)

Learning Targets

7.1 I can participate in a wide variety of alternative fitness activities and able to write about the importance of the activity as is relates to muscular strength, muscular endurance, aerobic capacity, and flexibility.

Learning Target	Descriptor	Definition
4	Proficient	I can participate in a wide variety of alternative fitness activities and able to write about the importance of the activity as is relates to muscular strength, muscular endurance, aerobic capacity, and flexibility.
3	Developing	I can participate in all alternative fitness activities and briefly write about the importance of how that activity improves my health.
2	Basic	I can participate in all alternative fitness activities and begin to understand the importance.
1	Minimal	I can participate in alternative fitness activities
0	No Evidence	No evidence shown.

8. **Sportsmanship** (12.50%)

Learning Targets

8.1   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

✏️
Edit page

CW High School
Phy Ed 11-12

Learning Target	Descriptor	Definition
4	Proficient	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.

8.2 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.

8.3 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.

8.4 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.

✏️
Edit page

CW High School

Phy Ed 11-12

Learning Target	Descriptor	Definition
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.

Submitted on 7/18/2019 by