✎
Edit page

CW High School
Phy Ed 9-10

1. **Wellness Center and Fitness Knowledge (11.11%)**

   Learning Targets

   1.1   **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.

   1.2   **I can use the upper body equipment displaying proper form, breathing, and safety. [dumbbells, barbells, chest press, seated row, shoulder press, dips, lat pull-downs, bench press]**

Learning Target	Descriptor	Definition
4	Proficient	I can use the upper body equipment displaying proper form, breathing, and safety. [dumbbells, barbells, chest press, seated row, shoulder press, dips, lat pull-downs, bench press]
3	Developing	I can use the upper body equipment displaying beginning level breathing and form.
2	Basic	I can use the upper body equipment displaying proper safety.
1	Minimal	I can operate the upper body equipment.
0	No Evidence	No evidence shown.

   1.3   **I can use the lower body equipment displaying proper form, breathing, and safety. [box squat, deadlift, hang clean, lunge, leg press, calf raises]**

Learning Target	Descriptor	Definition
4	Proficient	I can use the lower body equipment displaying proper form, breathing, and safety. [box squat, deadlift, hang clean, lunge, leg press, calf raises]
3	Developing	I can use the lower body equipment displaying beginning level breathing and form.
2	Basic	I can use the lower body equipment displaying proper safety.
1	Minimal	I can operate the lower body equipment.
0	No Evidence	No evidence shown.

   1.4   **I can display proper form, breathing, and safety on all of the aerobic machines. [AMT, treadmill, elliptical, recumbent bike]**

✏
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
4	Proficient	I can display proper form, breathing, and safety on all of the aerobic machines. [AMT, treadmill, elliptical, recumbent bike]
3	Developing	I can display proper form and breathing on all of the aerobic machines.
2	Basic	I can display proper form on the aerobic machines
1	Minimal	I can operate the aerobic equipment
0	No Evidence	No evidence shown.

1.5 I can identify movement concepts, terminology with associated exercise and physical activities, and historical/cultural roles in physical activity.

Learning Target	Descriptor	Definition
4	Proficient	I can identify movement concepts, terminology with associated exercise and physical activities, and historical/cultural roles in physical activity.
3	Developing	I can identify movement concepts, terminology with associated exercise and physical activities, and historical/cultural roles in physical activity.
2	Basic	I can identify movement concepts, terminology with associated exercise and physical activities, and historical/cultural roles in physical activity.
1	Minimal	I can identify movement concepts, terminology with associated exercise and physical activities, and historical/cultural roles in physical activity.
0	No Evidence	No evidence shown.

2. Fitness Monitoring   (11.11%)

Learning Targets

2.1 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.

✏️
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
0	No Evidence	No evidence shown.

2.2 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 data and begin to set fitness goals.
2	Basic	I can assess data.
1	Minimal	I have collected the original fitness data.
0	No Evidence	No evidence shown.

2.3 I can complete a final fitness assessment and am able to improve upon all of my initial fitness data. [Pacer, push-ups, sit-ups, wall sits, plank hold, vertical]

Learning Target	Descriptor	Definition
4	Proficient	I can complete a final fitness assessment and am able to improve upon all of my initial fitness data. [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.

3. **Cardiovascular Fitness**   (11.12%)

Learning Targets

3.1 I can safely participate in all cardiovascular based games to increase my heart rate and write a paper explaining daily physical activity recommendations and health benefits of aerobic exercise.

Learning Target	Descriptor	Definition
4	Proficient	I can safely participate in all cardiovascular based games to increase my heart rate and write a paper explaining daily physical activity recommendations and health benefits of aerobic exercise.
3	Developing	I can participate in all aerobic activities and begin understanding the importance of cardiovascular activity.

✏️

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
2	Basic	I can participate in all aerobic based games.
1	Minimal	I can participate in some aerobic based games.
0	No Evidence	No evidence shown.

3.2 I can find my pulse on different areas on my body and assess my personal physical activity levels to increase or decrease my workout intensity during a cardiovascular activity

Learning Target	Descriptor	Definition
4	Proficient	I can find my pulse on different areas on my body and assess my personal physical activity levels to increase or decrease my workout intensity during a cardiovascular activity
3	Developing	I can find my pulse on different parts of my body and begin to assess my heart rate.
2	Basic	I can find my pulse on different parts of my body.
1	Minimal	I can find my pulse.
0	No Evidence	No evidence shown.

3.3 I can participate in aerobic activities/rhythm/dance and determine my resting heart, target heart rate, and maximum heart rate and understand why they are important to cardiovascular exercise.

Learning Target	Descriptor	Definition
4	Proficient	I can participate in aerobic activities/rhythm/dance and determine my resting heart, target heart rate, and maximum heart rate and understand why they are important to cardiovascular exercise.
3	Developing	I can participate in aerobic activities and determine my resting, target heart rate, and maximum heart rate.
2	Basic	I can participate in aerobic activities and determine whether or not my heart rate is increasing or decreasing.
1	Minimal	I participate in aerobic activities.
0	No Evidence	No evidence shown.

3.4 I can safely participate in cardiovascular circuit training with maximum intensity level and document physiological changes to my body and explain why these changes are occurring.

Learning Target	Descriptor	Definition
4	Proficient	I can safely participate in cardiovascular circuit training with maximum intensity level and document physiological changes to my body and explain why these changes are occurring.

✏️
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
3	Developing	I can safely participate in cardiovascular circuit training with maximum intensity level and document physiological changes to my body.
2	Basic	I can participate in circuit training with a maximum intensity level.
1	Minimal	I can participate in circuit training.
0	No Evidence	No evidence shown.

4. **Muscular Strength and Flexibility   (11.11%)**

Learning Targets

4.1 I can display a variety of dynamic and static stretches before performing physical activity and write about the value of flexibility as it relates to personal fitness.

Learning Target	Descriptor	Definition
4	Proficient	I can display a variety of dynamic and static stretches before performing physical activity and write about the value of flexibility as it relates to personal fitness.
3	Developing	I can display a variety of dynamic and static stretches before physical activity.
2	Basic	I can display a dynamic warm up and static stretches before physical activity.
1	Minimal	I can warm up and stretch before physical activity.
0	No Evidence	No evidence shown.

4.2 I can participate in Yoga and over a series of days and communicate the importance of this discipline as it relates to muscular strength, flexibility, stress management, and athletics.

Learning Target	Descriptor	Definition
4	Proficient	I can participate in Yoga and over a series of days and communicate the importance of this discipline as it relates to muscular strength, flexibility, stress management, and athletics.
3	Developing	I can participate in yoga over a series of days and explain how it relates to strength, flexibility, and stress management.
2	Basic	I can participate in yoga over a series of days and identify how it relates to strength, flexibility, and stress management.
1	Minimal	I can participate in yoga.
0	No Evidence	No evidence shown.

4.3 I can create and clearly deliver an exercise routine for my peers that display a variety of muscular strength and flexibility activities.

✎
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
4	Proficient	I can create and clearly deliver an exercise routine for my peers that display a variety of muscular strength and flexibility activities.
3	Developing	I can create and clearly deliver an exercise routine for my peers that display a variety of muscular strength and flexibility activities.
2	Basic	I can create and clearly deliver an exercise routine for my peers that display a variety of muscular strength and flexibility activities.
1	Minimal	I can create and clearly deliver an exercise routine for my peers that display a variety of muscular strength and flexibility activities.
0	No Evidence	No evidence shown.

5. Outdoor Pursuits (11.11%)

Learning Targets

5.1 I can safely demonstrate the specific activity movement and technical skills in selected outdoor activities.

Learning Target	Descriptor	Definition
4	Proficient	I can safely demonstrate the specific activity movement and technical skills in selected outdoor activities.
3	Developing	I can safely demonstrate the specific activity movement and technical skills in selected outdoor activities.
2	Basic	I can safely demonstrate the specific activity movement and technical skills in selected outdoor activities.
1	Minimal	I can participate in lifetime physical activities
0	No Evidence	No evidence shown.

6. Sportsmanship (11.11%)

Learning Targets

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.

✏
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
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.

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 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.

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 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.

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 sometimes accepting and respectful of diversity within the class.

✏️
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
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.

7. Invasion Games (11.11%)

Learning Targets

7.1 I can apply knowledge and strategy tactics by opening and closing space, giving fakes and passes, and reducing space on defense.

Learning Target	Descriptor	Definition
4	Proficient	I can apply knowledge and strategy tactics by opening and closing space, giving fakes and passes, and reducing space on defense.
3	Developing	I can apply knowledge and strategy tactics by opening and closing space, giving fakes and passes, and reducing space on defense.
2	Basic	I can apply knowledge and strategy tactics by opening and closing space, giving fakes and passes, and reducing space on defense.
1	Minimal	I can apply knowledge and strategy tactics by opening and closing space, giving fakes and passes, and reducing space on defense.
0	No Evidence	No evidence shown.

7.2 I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.

Learning Target	Descriptor	Definition
4	Proficient	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
3	Developing	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
2	Basic	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
1	Minimal	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
0	No Evidence	No evidence shown.

7.3 I can consistently show throwing, catching, passing, and receiving in invasion games.

Learning Target	Descriptor	Definition

✎
Edit page

CW High School
Phy Ed 9-10

Learning Target	Descriptor	Definition
4	Proficient	I can consistently show throwing, catching, passing, and receiving in invasion games.
3	Developing	I can consistently show throwing, catching, passing, and receiving in invasion games.
2	Basic	I can consistently show throwing, catching, passing, and receiving in invasion games.
1	Minimal	I can consistently show throwing, catching, passing, and receiving in invasion games.
0	No Evidence	No evidence shown.

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

✏️
Edit page
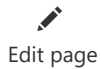
CW High School
Phy Ed 9-10

8. Net/Wall Games (11.11%)

Learning Targets

8.1 I can refine my strategy/ tactic skills to create space and create various offensive shots.

Learning Target	Descriptor	Definition
4	Proficient	I can refine my strategy/ tactic skills to create space and create various offensive shots.
3	Developing	I can refine my strategy/ tactic skills to create space and create various offensive shots.
2	Basic	I can refine my strategy/ tactic skills to create space and create various offensive shots.
1	Minimal	I can refine my strategy/ tactic skills to create space and create various offensive shots.
0	No Evidence	No evidence shown.

8.2 I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.

Learning Target	Descriptor	Definition
4	Proficient	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
3	Developing	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
2	Basic	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
1	Minimal	I can communicate effectively with teammates about various strategies during movement patterns in various net/wall games.
0	No Evidence	No evidence shown.

✏️
Edit page

CW High School
Phy Ed 9-10

9. **Target/Striking & Fielding Games** (11.11%)

Learning Targets

9.1 **I can demonstrate strategies/tactics to create space and movement patterns in striking/throwing and fielding games.**

Learning Target	Descriptor	Definition
4	Proficient	I can demonstrate strategies/tactics to create space and movement patterns in striking/throwing and fielding games.
3	Developing	I can demonstrate strategies/tactics to create space and movement patterns in striking/throwing and fielding games.
2	Basic	I can demonstrate strategies/tactics to create space and movement patterns in striking/throwing and fielding games.
1	Minimal	I can demonstrate strategies/tactics to create space and movement patterns in striking/throwing and fielding games.
0	No Evidence	No evidence shown.

9.2 **I can communicate effectively to teammates strategies during movement patterns in striking/throwing and fielding games.**

Learning Target	Descriptor	Definition
4	Proficient	I can communicate effectively to teammates strategies during movement patterns in striking/throwing and fielding games.
3	Developing	I can communicate effectively to teammates strategies during movement patterns in striking/throwing and fielding games.
2	Basic	I can communicate effectively to teammates strategies during movement patterns in striking/throwing and fielding games.
1	Minimal	I can communicate effectively to teammates strategies during movement patterns in striking/throwing and fielding games.
0	No Evidence	No evidence shown.

Submitted on 7/18/2019 by