

Unit 5 Physical Education Standards Based Grading 7th Grade		Unit of Assessment								<i>Possible Assessments</i>
		Badminton	Basketball	Dance	Floor Hockey	Soccer	Cardiovascular Fit.	Muscular S & E	Flexibility	
Standard 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.	19.A.3a	X	X	X		X				Written Test Heart Rate Monitor Journal Unit Assessment Rubric
	19.A.3b		X	X				X	X	
	19.B.3a									
	19.B.3b									
	19.C.3a	X	X		X	X		X	X	
	19.C.3b									
Standard 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.	20.A.3a						X		X	Fitness Journal Lap Run Timed Run Monitoring Exercise Intensity
	20.A.3b									
	20.B.3a						X	X	X	
	20.B.3b									
	20.B.3c									
	20.C.3a									
	20.C.3b									
	20.C.3c									
Standard 21: Develop team-building skills by working with others through physical activity.	21.A.3a									Archery Peer Checklist Group Evaluation
	21.A.3b				X					
	21.A.3c				X	X				
	21.B.3a	X	X	X	X	X	X		X	

No Evidence 0	Beginning 1	Progressing 2	Proficient 3	Exceptional 4
Student has not submitted or produced evidence of understanding/application of skill.	Unable to demonstrate understanding or show application of skill without support or evidence is not complete.	Inconsistently or partially demonstrates understanding or shows application of skill.	Consistently demonstrates complete and consistent understanding/application of skill or concept.	Demonstrates complete understanding/application of skill or concept and deeper learning of concepts or skills beyond the level explicitly taught.