



Physical Education: Physical Fitness and Goal Setting

Competency: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Grade Level Competency: Kindergarten

Students will identify and persevere through challenging physical activities by applying goal setting strategies that lead to increased confidence, participation, and enjoyment, as well as personal growth and progress.

Criteria	Extending	Proficient	In Progress	Beginning
Assessment of personal fitness	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify when physical activities are easy or difficult for me.	I can perform activities at my own pace.	I can identify what physical activities I like.

MDE grade level benchmarks embedded explicitly in the rubric

Kindergarten

0.5.2.1 Recognize that some physical activities are challenging or difficult.



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Grade Level Competency: Grades 1-2
 Students will identify and persevere through challenging physical activities by applying goal setting strategies that lead to increased confidence, participation, and enjoyment, as well as personal growth and progress.

Criteria	Extending	Proficient	In Progress	Beginning
Assessment of personal fitness	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify when physical activities are easy or difficult for me. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can perform activities at my own pace. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can identify what physical activities I like. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2



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Competency: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Grade Level Competency: Grades 3-4				
Students will identify and persevere through challenging physical activities by applying goal setting strategies that lead to increased confidence, participation, and enjoyment, as well as personal growth and progress.				
Criteria	Extending	Proficient	In Progress	Beginning
Assessment of personal fitness	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can assess my own level of personal fitness. I can show evidence of personal fitness growth. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4	I can identify when physical activities are easy or difficult for me. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4	I can identify physical activities that I like and don't like. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4
Set and modify realistic goals		I can identify and set realistic goals based on personal fitness. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4	I can identify goals based on personal fitness. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4	I can recognize that I am better at some physical activities than other physical activities. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4



Physical Education: Physical Fitness and Goal Setting

Competency: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Grade Level Competency: Grades 5-6:

Students will demonstrate the ability to use goal setting strategies to create goals that include short and long term action steps and demonstrate the ability to evaluate their progress toward their goals over time.

Criteria	Extending	Proficient	In Progress	Beginning
Assessment of personal fitness	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can assess and evaluate my personal fitness level for strengths and areas of improvement. I can show evidence of personal fitness growth in an identified area of improvement. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can assess my own level of personal fitness. I can show evidence of personal fitness growth. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I participate in personal fitness assessments and record my results. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6
Set and modify realistic goals		I can use my identified strengths and areas of improvement from my personal assessment data to set realistic and achievable fitness goals. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can identify and set realistic fitness goals based on personal fitness. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can set personal fitness goals. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6



Physical Education: Physical Fitness and Goal Setting

Competency: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Grade Level Competency: Grades 7-8

Students will demonstrate the ability to use goal setting strategies to create goals that include short and long term action steps and demonstrate the ability to evaluate their progress toward their goals over time.

Criteria	Extending	Proficient	In Progress	Beginning
Assessment of personal fitness	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	<p>I can assess and evaluate health-related personal fitness for strengths and areas of improvement.</p> <p>I can show evidence of personal fitness growth in identified areas of improvement.</p> <p><input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8</p>	<p>I can assess and evaluate my personal fitness level for strengths and areas of improvement.</p> <p>I can show evidence of personal fitness growth in an identified area of improvement.</p> <p><input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8</p>	<p>I can assess my own level of personal fitness.</p> <p><input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8</p>
Set and modify realistic goals		<p>I can use personal assessment data to set challenging and achievable fitness goals and identify action steps to reach them.</p> <p><input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8</p>	<p>I can use my identified strengths and areas of improvement from my personal assessment data to set realistic and achievable fitness goals, including an action step.</p> <p><input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8</p>	<p>I can set realistic and achievable fitness goals.</p> <p><input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8</p>



Physical Education: Physical Fitness and Goal Setting

Competency: Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Grade Level Competency: Grades 9-12

Students will set and make progress toward meaningful goals for improving, modifying, or maintaining lifelong health and wellness.

Criteria	Extending	Proficient	In Progress	Beginning
Assessment of personal fitness	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can assess and evaluate health-related and skill-related components of fitness for strengths and areas of improvement.	I can assess and evaluate health-related and skill-related components of fitness for personal strengths and areas of improvement.	I can assess health-related and skill-related components of fitness for personal strengths and areas of improvement.
Set and modify realistic goals		I can show evidence of personal fitness growth in identified areas of improvement.	I can show evidence of personal fitness growth in identified areas of improvement.	
		I can use personal assessment data to identify opportunities for growth and identify action steps and/or modifications to reach personal fitness goals.	I can use personal assessment data to set challenging and achievable fitness goals and identify action steps to reach them.	I can use personal assessment data to set challenging and achievable fitness goals.