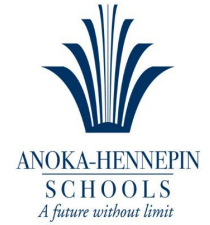




Anoka-Hennepin Physical Education



PE I Standard 3

Benchmark 9.3.2.1: participate in moderate to vigorous aerobic or muscle-and-bone strengthening physical activity several times per week.

	4	3	2	1
Participate in moderate to vigorous aerobic and/or muscle-and-bone strengthening physical activity several times per week.	Assumes a leadership role by acting as a peer evaluator and providing feedback during strength training, cardiovascular exercise, and flexibility sessions.	<p>*Performing several aerobic exercises per week, in the target heart rate zone.</p> <p>*Performing several muscle and bone strengthening exercises per week at the appropriate intensity.</p>	<p>*Meeting only one of the critical elements for aerobic physical activity: Frequency or Intensity.</p> <p>*Meeting only one of the critical elements for bone strengthening physical activity: Frequency or Intensity.</p> <p>*Recognizes and recalls simple vocabulary</p>	<p>Rarely participates in aerobic activities</p> <p>Rarely participates in bone strengthening activities.</p>