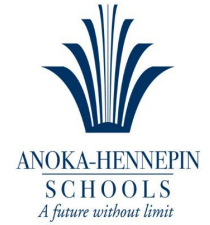




Anoka-Hennepin Physical Education



PE I Standard 3

Benchmark 9.3.6.1 : Explain how stress management strategies in physical activity settings can reduce stress and effect health. (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress.

	4	3	2	1
Uses stress management strategies in physical activity settings can reduce stress and effect health.	Apply stress management strategies (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress.	Explain, but does not apply, stress management strategies in physical activity settings (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress.	*Identifying stress management strategies (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress. *Recognizes and recalls simple vocabulary	Does not identify or apply stress management strategies.

Example Exit Slip

NAME _____

Explain how engaging in this can help you:

- Reduce stress
- Have a positive impact on your health

