

High Priority Proficiency Scales for:  
High School PE I - Standard 1

Standard 1: <i>Demonstrate competency in a variety of motor skills and movement patterns.</i>		
Code: 9.1.3.1		
Benchmark: <i>Demonstrate competency in specialized skills in each of the health-related fitness components: muscular strength, muscular endurance, flexibility, cardiorespiratory fitness.</i>		
	Proficiency Scale (The student will)	Practice Activities
Score 4.0	<p>In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.</p> <p>For example, the student will:</p> <ul style="list-style-type: none"> <li>Show refined activity-specific movement skills in one or more of the health-related fitness activities.</li> </ul>	Fitness Activities Dance and Rhythmic Activities Individual-performance Activities Lifetime Activities
	<p>3.5:</p> <p>In addition to score 3.0 performance, in-depth inferences and applications of score 4.0 with partial success.</p>	
Score 3.0	<p><u>Learning Goal</u> - To demonstrate competency in specialized skills in each of the health-related fitness components: muscular strength, muscular endurance, flexibility, cardiorespiratory fitness, the student will:</p> <p>Demonstrate competency in Muscular Strength</p> <ul style="list-style-type: none"> <li>Exercises as it relates to strength improvement</li> <li>Body Weight, Free Weights, Machines</li> </ul> <p>Demonstrate competency in Muscular Endurance</p> <ul style="list-style-type: none"> <li>Exercises as it relates to endurance improvement</li> <li>Body Weight, Free Weights, Machines</li> </ul> <p>Demonstrate competency in Flexibility</p> <ul style="list-style-type: none"> <li>Can perform stretches for multiple body parts</li> <li>Holds stretches for 12-15 seconds</li> <li>Can perform a dynamic warm-up</li> </ul> <p>Demonstrate competency in Cardiorespiratory Fitness</p> <ul style="list-style-type: none"> <li>Perform a number of activities that are designed to increase heart rate.</li> </ul> <p>The student exhibits no major errors or omissions.</p>	
	<p>2.5:</p> <p>No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.</p>	

<p>Score 2.0</p>	<p>The student exhibits no major errors or omissions regarding the 2.0 content, however the student exhibits major errors or omissions regarding the 3.0 content.</p> <p>The student will recognize or recall simple vocabulary, such as:</p> <ul style="list-style-type: none"> <li>● Sets, Repetitions, Push Ups, Pull Ups, Bench, Squat, Lunges, Leg Press, Shoulder Press, Row, Range of Motion, Static, Dynamic, Hamstrings, Quads, Shoulders, Pectorals, Lats, Biceps, Triceps, Calf, Endurance, Cardio-Respiratory, Aerobic, Anaerobic,</li> </ul> <p>The student:</p> <p>Demonstrates inconsistent performance in Muscular Strength</p> <ul style="list-style-type: none"> <li>● Exercises as it relates to strength improvement</li> <li>● Body Weight, Free Weights, Machines</li> </ul> <p>Demonstrates inconsistent performance in Muscular Endurance</p> <ul style="list-style-type: none"> <li>● Exercises as it relates to endurance improvement</li> <li>● Body Weight, Free Weights, Machines</li> </ul> <p>Demonstrates inconsistent performance in Flexibility</p> <ul style="list-style-type: none"> <li>● Can perform stretches for multiple body parts</li> <li>● Holds stretches for 12-15 seconds</li> <li>● Can perform a dynamic warm-up</li> </ul> <p>Demonstrates inconsistent performance in Cardiorespiratory Fitness</p> <ul style="list-style-type: none"> <li>● Perform a number of activities that are designed to increase heart rate.</li> </ul>	
	<p>1.5: Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.</p>	
<p>Score 1.0</p>	<p>With help, a partial understanding of the 2.0 content and some of the 3.0 content.</p>	
	<p>0.5: With help, a partial understanding of the 2.0 content, but not the 3.0 content.</p>	
<p>Score 0.0</p>	<p>Even with help, no understanding or skill demonstrated.</p>	