

High Priority Proficiency Scales for:

High School PE I - Standard 3

<p><b>Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.</b></p> <p><b>Code: 9.3.1.3</b></p> <p><b>Benchmark: Apply technology and social media as tools to support a healthy, active lifestyle.</b></p>		
	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>Use technology or fitness apps to track activity outside of the school day.</li> </ul>	<p>Outdoor Pursuits</p> <p>Fitness Activities</p> <p>Dance and Rhythmic Activities</p> <p>Individual-performance Activities</p> <p>Games and sports</p> <p>Lifetime Activities</p>
	<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> Within class, the student will apply technology and social media as tools to support a healthy, active lifestyle by:</p> <ul style="list-style-type: none"> <li>Efficiently uses technology to measure fitness levels.</li> <li>Efficiently uses fitness apps to track progress.</li> </ul> <p>The student exhibits no major errors or omissions.</p>	<p>Heart Rate Monitors; Fitbit watches; iWatch Fitness app</p>
	<p>2.5:</p> <p>No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.</p>	
Score 2.0	<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>Input, data, report, frequency, intensity, time, type, calories, pulse, heart rate</li> </ul> <p>The student will perform basic processes, such as:</p> <ul style="list-style-type: none"> <li>Using appropriate technology but only sparingly or not effectively.</li> <li>Using fitness apps only sparingly.</li> </ul>	<p>Physical Activity Knowledge</p>

	<b>1.5:</b> Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.	
<b>Score 1.0</b>	With help, a partial understanding of the 2.0 content and some of the 3.0 content.	
	<b>0.5:</b> With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
<b>Score 0.0</b>	Even with help, no understanding or skill demonstrated.	

**Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.**

**Code: 9.3.2.1**

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

	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>Creates a plan, trains for and participates in a community event with a focus on physical activity (triathlon, tournament, dance performance, cycling event)</li> </ul>	<p>Body Weight, Free Weights, Machine Lifts, Yoga, Static Stretching, Dynamic Stretching and Warm-ups, Fitness Classes</p>
	<p><b>3.5:</b> 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> - The student will participate in moderate to vigorous aerobic or muscle-and-bone strengthening physical activity several times per week by:</p> <ul style="list-style-type: none"> <li>Performing several aerobic exercises per week, in the target heart rate zone.</li> <li>Performing several bone strengthening exercises per week at the appropriate intensity.</li> </ul> <p>The student exhibits no major errors or omissions.</p>	<p>Engages in Physical Activity</p>
	<p><b>2.5:</b> No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.</p>	
Score 2.0	<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>Vigorous, Bone density, Heart Rate Zone, Aerobic, Anaerobic, FITT,</li> </ul> <p>The student will perform basic processes, such as:</p> <ul style="list-style-type: none"> <li>Meeting only one of the critical elements for aerobic physical activity: Frequency or Intensity.</li> <li>Meeting only one of the critical elements for bone strengthening physical activity: Frequency or Intensity.</li> </ul>	
	<p><b>1.5:</b> Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.</p>	

Score 1.0	With help, a partial understanding of the 2.0 content and some of the 3.0 content.	
	0.5: With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.	

**Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.**

**Code: 9.3.6.1**

**Benchmark: 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.**

	Proficiency Scale (The student will)	Practice Activities
<p align="center"><b>Score 4.0</b></p>	<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>• Apply stress management strategies (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress.</li> </ul>	<p align="center"> <b>Outdoor Pursuits Fitness Activities Dance and Rhythmic Activities Individual-performance Activities Games and sports Lifetime Activities</b> </p>
	<p><b>3.5:</b> In addition to score 3.0 performance, in-depth inferences and applications of score 4.0 with partial success.</p>	
<p align="center"><b>Score 3.0</b></p>	<p><u>Learning Goal</u> - The student will:</p> <ul style="list-style-type: none"> <li>• Explain how stress management strategies in physical activity settings can reduce stress and affect health. (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress.</li> </ul> <p>The student exhibits no major errors or omissions.</p>	
	<p><b>2.5:</b> No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.</p>	
<p align="center"><b>Score 2.0</b></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>• mental imagery, relaxation, deep breathing, meditation, depression, stress relief,</li> </ul> <p>The student will perform basic processes, such as:</p> <ul style="list-style-type: none"> <li>• Identifying stress management strategies (e.g., mental imagery, relaxation, deep breathing, meditation) to reduce stress.</li> </ul>	
	<p><b>1.5:</b> Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.</p>	

Score 1.0	With help, a partial understanding of the 2.0 content and some of the 3.0 content.	
	0.5: With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.	