

High Priority Proficiency Scales for:  
High School PE II - Standard 3

Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness. Code: 9.3.2.1 and 9.3.3.4 Benchmark 9.3.3.4: Calculate target heart rate and apply that information to a personal fitness plan. Benchmark 9.3.2.1: Participate in moderate to vigorous aerobic or muscle-and-bone strengthening physical activity several times per week.		
	Proficiency Scale (The student will)	Rubric Scoring
Score 4.0	<p>In addition to Score 3.0, a student demonstrates understanding and applies their knowledge / skills at a more complex cognitive level.</p> <p>For example, the student will:</p> <ul style="list-style-type: none"> <li>● Assumes a leadership role by acting as a peer evaluator and providing feedback during strength training, cardiovascular exercise, and flexibility sessions.</li> <li>● Adjusts pacing to keep heart rate in the target heart rate zone and reflects, using available technology.</li> </ul>	<ul style="list-style-type: none"> <li>● Assumes a leadership role by acting as a peer evaluator and providing feedback during strength training, cardiovascular exercise, and flexibility sessions.</li> <li>● Adjusts pacing to keep heart rate in the target heart rate zone and reflects, using available technology.</li> </ul>
	<p>3.5: 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 calculate target heart rate and apply that information to a personal fitness plan, 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> <li>● Calculate target heart rate and apply that information to a personal fitness plan.</li> </ul> <p>The student exhibits no major errors or omissions.</p>	<ul style="list-style-type: none"> <li>● Student can calculate THRZ and use during exercise.</li> <li>● Performing several aerobic exercises per week, in the target heart rate zone.</li> <li>● Performing several bone strengthening/resistance training bone strengthening exercises per week at the appropriate intensity.</li> </ul>
	<p>2.5: 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>● Vigorous</li> <li>● Bone density</li> <li>● Heart Rate Zone</li> <li>● Aerobic</li> <li>● Anaerobic</li> <li>● Target Heart Rate Zone(THRZ)</li> <li>● Rate of Perceived Exertion (RPE)</li> <li>● Heart Rate Monitors</li> <li>● FITT</li> <li>● Overload</li> <li>● Specificity</li> <li>● Sedentary</li> <li>● Fit Plan</li> </ul> <p>The student will perform basic processes, such as:</p> <ul style="list-style-type: none"> <li>● Calculate MAX HR</li> <li>● Locate one's pulse</li> <li>● Understand beats per minute (BPM)</li> <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>	<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/resistance training physical activity: Frequency or Intensity.</li> <li>● Recognizes and recalls simple vocabulary.</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>	<ul style="list-style-type: none"> <li>● Rarely participates in aerobic activities.</li> <li>● Rarely participates in bone strengthening/resistance training activities.</li> </ul>
	<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>	

