

Topic: Lifetime Fitness	
Included Standards: Standard 1: Participate regularly in physical activity, Standard 2: Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.	
Grades: 6, 7, 8	
Score 4.0	<p>In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.</p> <ul style="list-style-type: none"> • Creates a month long personal fitness plan.
Score 3.0	<p>The student will understand the necessity for lifelong physical fitness and be able to implement a personal fitness plan</p> <ul style="list-style-type: none"> ○ Describes and applies principles of training and how they improve fitness. ○ Describes how participating team sports promote cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. <p>The student exhibits no major errors or omissions regarding the score 3.0 content.</p>
Score 2.0	<p>The student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology: <ul style="list-style-type: none"> ○ Muscular strength, muscular endurance, agility, flexibility, cardiorespiratory endurance. • Performs basic skills: <ul style="list-style-type: none"> • Identifies the in-school and community opportunities for participation in team sports, outdoor pursuits and aquatics. <p>No major errors or omissions regarding the score 2.0 content.</p>
Score 1.0	With help, I know some of 2.0 and 3.0.
Score 0.0	Even with help, I am unable to understand.

Topic: Volleyball	
Included Standards: Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Standard 2- Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	
Grades: 6, 7, 8	
Score 4.0	<p>In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.</p> <ul style="list-style-type: none"> • Referee a volleyball game using rally or regular scoring in their physical education class.
Score 3.0	<p>The student will understand the rules, skills and strategies of volleyball and be able to apply their understanding during a game of volleyball.</p> <ul style="list-style-type: none"> • Performs complex skills: <ul style="list-style-type: none"> ○ Competes successfully in a game of volleyball. ○ Explains how to correctly bump, set, spike and perform an overhand/underhand serve. ○ Explains the difference between rally and regular scoring in volleyball. <p>The student exhibits no major errors or omissions regarding the score 3.0 content.</p>
Score 2.0	<p>The student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology: <ul style="list-style-type: none"> ○ Bump, Set, Spike, Underhand serve, Overhand serve • Performs basic skills: <ul style="list-style-type: none"> ○ Bump, Set, Spike, Under/Overhand Serve <p>No major errors or omissions regarding the score 2.0 content.</p>
Score 1.0	With help, I know some of 2.0 and 3.0.
Score 0.0	Even with help, I am unable to understand.

Topic: Volleyball	
Included Standards: Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Standard 2- Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	
Grades: 6, 7, 8	
Score 4.0	<p>In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.</p> <ul style="list-style-type: none"> • Student will research rally scoring vs. regular scoring and will referee a volleyball game (their choice of scoring method) in physical education class.
Score 3.0	<p>The student will understand the rules, skills and strategies of volleyball and be able to apply their understanding during a game of volleyball.</p> <ul style="list-style-type: none"> • Performs complex skills: <ul style="list-style-type: none"> ○ Uses skills learned below as well as knowledge and understanding of the rules to compete successfully in a game of volleyball. <p>The student exhibits no major errors or omissions regarding the score 3.0 content.</p>
Score 2.0	<p>The student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology: <ul style="list-style-type: none"> ○ Recognizes what a bump, set, spike and under/overhand serve look like and explains the ways these skills are performed correctly. ○ Explains the difference between rally and regular scoring in volleyball. • Performs basic skills: <ul style="list-style-type: none"> ○ Bump, Set, Spike, Under/Overhand Serve <p>No major errors or omissions regarding the score 2.0 content.</p>
Score 1.0	With help, I know some of 2.0 and 3.0.
Score 0.0	Even with help, I am unable to understand.