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| **Content: Physical Education** |
| **Standard: 6.3.1 Identify health benefits (e.g. disease prevention) and risks (e.g. obesity) associated with the effect of physical activity on body composition.** |
| **Score** |   | **Description** | **Sample Activity** |
| **4.0** | **A score of 3.5 or 4.0 is not available at this time.** | - |
|   | *3.5* |  |
| **3.0** | **The student:*** The student can list more than two benefits of exercising, two risks of not exercising, and two exercises that improve body composition.
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|   | *2.5* | *The student can list more than 2 benefits of exercising and two risks of not exercising.* |
| **2.0** | **The student:*** The student can list two benefits of exercising and one risk of not exercising.
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|   | *1.5* | *The student can list more than two benefits of exercising.* |
| **1.0** | **The student:*** The student can list at least one benefit of exercising.
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|   | *0.5* | **The student:*** The student provides no list of benefits of exercising.
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