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| **Content: Physical Education** |
| **Standard:** **PED-6.4.2 Apply fitness assessments to set a fitness goal** |
| **Score** |   | **Description** | **Sample Activity** |
| **4.0** | **The student:*** Exceeds the Healthy Fit Zone in three or more areas and met all goals.
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|   | 3.5 | **The student:*** Exceeds the Healthy Fit Zone in at least two areas and have met all all goals.
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| **3.0** | **The student:*** Correctly categorizes his/her Fit Stat Scores, writes a realistic goal and succeeds in meeting his/her goal in at least two areas.
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|   | 2.5 | **The student:*** Correctly categorizes his/her Fit Stat Scores in at least two areas, writes a goal that is somewhat realistic, and succeeds in meeting his/her goals in even fewer areas.
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| **2.0** | **The student:*** Incorrectly categorizes his/her Fit Stats data, writes an unrealistic goal, and did not succeed in meeting his/her goals.
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|   | 1.5 | Incorrectly categorizes his/her Fit Stats data |
| **1.0** | * Participates with a low effort level and did not write the goals.
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