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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. | | - |
|  | 3.5 | **The student:**   * Exceeds the Healthy Fit Zone in at least two areas and have met all all goals. | |
| **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. | | - |
|  | 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. | |
| **2.0** | **The student:**   * Incorrectly categorizes his/her Fit Stats data, writes an unrealistic goal, and did not succeed in meeting his/her goals. | | - |
|  | 1.5 | Incorrectly categorizes his/her Fit Stats data | |
| **1.0** | * Participates with a low effort level and did not write the goals. | | - |