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| **Content: Physical Education** |
| * **Standard:** PED-8.4.2 Interpret the results of a physical fitness assessment to establish personal fitness goals
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| **Grade: 8**  |
| **Score 4.0** | **-The student can:**- Apply physical fitness goals and results to everyday life-Document physical fitness programs and progress | **Sample Activities** |
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|  | **3.5** | In addition to score 3.0 performance, in-depth inferences and applications with partial success. |  |
| **Score 3.0** | **-The student can:** -List and analyze physical fitness results-Evaluate personal physical fitness goals |  |
|  | **2.5** | No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content. |  |
| **Score 2.0** | **- The student can:**- explain benefits of physical fitness results |  |
|  | **1.5** | Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content. |  |
| **Score 1.0** | **-The student can:****-**partially explain benefits of physical fitness |
|  | **0.5** | With help, a partial understanding of the 2.0 content, but not the 3.0 content. |
| **Score 0.0** | **-Even with help, no understanding or skill demonstrated.** |