

7th & 8th PE

Assessments for Understanding:

Pictures, Videos, Google Hangouts, Journals, Fitness Logs, Mini Exercises, Reflection/SEL Questions, Projects

Focus: Learning Priority: Develops and implements an individual physical activity plan.

Power Standards:

3:3:A2 Sets realistic activity goals of his or her choosing based on interests as well as fitness assessment results.

Focus: Participates regularly in moderate to vigorous physical activity in and out of school.

Power Standards:

3:3:B2 Maintains a physical activity log documenting progress toward attaining their personal goals.

3:3:B3 Documents practice time as specified by their physical education teacher.