

PE 1/PE Elective/Team Sports

Assessments for Understanding:

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

Focus: Skill Development

Power Standards:

1:4:A8 Acquires skills to participate in a lifetime activity outside of school

Focus: Demonstrates the skills, knowledge, and interest to lead a healthy lifestyle

Power Standards:

3:4:A1 Participates willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

3:4:A4 Monitors physical activity through the use of available technology: pedometers, heart rate monitors, activity logs, Tri-Fit, etc.

3:4:B1 Establishes goals by identifying strengths and weaknesses using personal fitness assessments.