



	<b>A: Knowing and Understanding</b>	<b>B: Planning for Performance</b>	<b>C: Applying and Performing</b>	<b>D: Reflecting and Improving Performance</b>
<b>0</b>	The student does not reach a standard described by any of the descriptors below			
<b>1-2</b>	<p>i. <b>recalls</b> some physical health education factual, procedural conceptual knowledge</p> <p>ii. <b>identifies</b> physical and health education knowledge to <b>outline</b> issues</p> <p>iii. <b>recalls</b> physical and health terminology.</p>	<p>i. <b>states</b> plans for improving health or physical activity</p> <p>ii. <b>states</b> the effectiveness of a plan.</p>	<p>i. <b>recalls some</b> skills and techniques</p> <p>ii. <b>recalls some</b> strategies and movement concepts</p> <p>iii. <b>applies</b> information to perform with limited success</p>	<p>i. <b>states</b> a strategy to enhance interpersonal skills</p> <p>ii. <b>states</b> a goal to enhance performance</p> <p>iii. <b>describes</b> performance.</p>
<b>3-4</b>	<p>i. <b>recalls</b> physical health education factual, procedural and conceptual knowledge</p> <p>ii. <b>identifies</b> physical and health education knowledge to <b>outline</b> issues and <b>suggest</b> solutions to problems set in familiar situations</p> <p>iii. <b>applies</b> physical and health terminology to communicate understanding <b>with limited success</b></p>	<p>i. <b>outlines a basic</b> plan for improving health or physical activity</p> <p>ii. <b>states</b> the effectiveness of a plan <b>based on the outcome.</b></p>	<p>i. <b>recalls</b> skills and techniques</p> <p>ii. <b>recalls</b> strategies and movement concepts</p> <p>iii. <b>applies</b> information to perform</p>	<p>i. <b>lists</b> strategies to enhance interpersonal skills</p> <p>ii. <b>state</b> a goal and <b>applies</b> strategies to enhance performance</p> <p>iii. <b>summarizes</b> performance.</p>
<b>5-6</b>	<p>i. <b>states</b> physical health education factual, procedural and conceptual knowledge</p> <p>ii. <b>identifies</b> physical and health education knowledge to <b>outline</b> issues and <b>solve</b> problems set in familiar situations</p> <p>iii. <b>applies</b> physical and health terminology to communicate understanding.</p>	<p>i. <b>outlines</b> a plan for improving health or physical activity</p> <p>ii. <b>identifies</b> the effectiveness of a plan <b>based on the outcome.</b></p>	<p>i. <b>recalls</b> and <b>applies</b> skills and techniques</p> <p>ii. <b>recalls</b> and <b>applies</b> a range of strategies and movement concepts</p> <p>iii. <b>applies</b> information to perform <b>effectively.</b></p>	<p>i. <b>identifies</b> strategies to enhance interpersonal skills</p> <p>ii. <b>lists</b> goals and <b>applies</b> strategies to enhance performance</p> <p>iii. <b>outlines</b> and <b>summarizes</b> performance.</p>
<b>7-8</b>	<p>i. <b>outlines</b> physical health education factual, procedural and conceptual knowledge</p> <p>ii. <b>identifies</b> physical and health education knowledge to <b>describe</b> issues and <b>solve</b> problems set in familiar and unfamiliar situations</p> <p>iii. <b>applies</b> physical and health terminology consistently to communicate understanding.</p>	<p>i. <b>constructs</b> and <b>outlines</b> a plan for improving health or physical activity</p> <p>ii. <b>describe</b> the effectiveness of a plan <b>based on the outcome.</b></p>	<p>i. <b>recalls</b> and <b>applies</b> a range of skills and techniques</p> <p>ii. <b>recalls</b> and <b>applies</b> a range of strategies and movement concepts</p> <p>iii. <b>recalls</b> and <b>applies</b> information to perform <b>effectively.</b></p>	<p>i. <b>identifies</b> and <b>demonstrates</b> strategies to enhance interpersonal skills</p> <p>ii. <b>identifies</b> goals and <b>applies</b> strategies to enhance performance</p> <p>iii. <b>describes</b> and <b>summarizes</b> performance.</p>



	<b>A: Knowing and Understanding</b>	<b>B: Planning for Performance</b>	<b>C: Applying and Performing</b>	<b>D: Reflecting and Improving Performance</b>
<b>0</b>	The student does not reach a standard described by any of the descriptors below			
<b>1-2</b>	<p>i. <b>recalls</b> physical and health education factual, procedural and conceptual knowledge</p> <p>ii. <b>identifies</b> physical and health education knowledge to <b>outline</b> issues and <b>suggest</b> solutions to problems set in familiar situations</p> <p>iii. <b>applies</b> physical and health terminology to communicate understanding <b>with limited success</b>.</p>	<p>i. <b>outlines</b> a plan for improving physical performance and health</p> <p>ii. <b>states</b> the effectiveness of a plan based on the outcome.</p>	<p>i. <b>recalls</b> and <b>applies</b> skills and techniques with limited success</p> <p>ii. <b>recalls</b> and <b>applies</b> strategies and movement concepts with limited success</p> <p>iii. <b>recalls</b> and <b>applies</b> information to perform.</p>	<p>i. <b>identifies</b> strategies that enhance interpersonal skill</p> <p>ii. <b>lists</b> goals to enhance performance</p> <p>iii. <b>summarizes</b> performance.</p>
<b>3-4</b>	<p>i. <b>states</b> physical and health education factual, procedural and conceptual knowledge</p> <p>ii. identifies physical and health education knowledge to <b>describe</b> issues <b>and to solve</b> problems set in <b>familiar situations</b></p> <p>iii. <b>applies</b> physical and health terminology to communicate understanding.</p>	<p>i. constructs and outlines a plan for improving physical performance and health</p> <p>ii. <b>outlines</b> the effectiveness of a plan based on the outcome.</p>	<p>i. <b>demonstrates</b> and <b>applies</b> skills and techniques with limited success</p> <p>ii. <b>demonstrates</b> and <b>applies</b> strategies and movement concepts <b>with limited success</b></p> <p>iii. <b>identifies and applies</b> information to perform.</p>	<p>i. <b>identifies and demonstrates</b> strategies that enhance interpersonal skills</p> <p>ii. <b>identifies</b> goals and applies strategies to enhance performance</p> <p>iii. <b>outlines and summarizes</b> performance.</p>
<b>5-6</b>	<p>i. <b>outlines</b> physical and health education factual, procedural and conceptual knowledge</p> <p>ii. <b>applies</b> physical and health education knowledge to <b>describe</b> issues to <b>solve</b> problems set in familiar situations <b>and suggest</b> solutions to problems set in <b>unfamiliar situations</b></p> <p>iii. <b>applies</b> physical and health terminology <b>consistently</b> to communicate understanding.</p>	<p>i. <b>constructs and explain</b> a plan for improving physical performance and health</p> <p>ii. <b>describes</b> the effectiveness of a plan based on the outcome.</p>	<p>i. <b>demonstrates and applies</b> skills and techniques</p> <p>ii. <b>demonstrates and applies</b> strategies and movement concepts</p> <p>iii. <b>identifies and applies</b> information to perform <b>effectively</b>.</p>	<p>i. <b>outlines and demonstrates</b> strategies that enhance interpersonal skills</p> <p>ii. <b>identifies</b> goals and <b>applies</b> strategies to enhance performance</p> <p>iii. <b>outlines and evaluates</b> performance.</p>
<b>7-8</b>	<p>i. <b>describes</b> physical health education factual, procedural and conceptual knowledge</p> <p>ii. <b>applies</b> physical and health education knowledge to <b>explain</b> issues and <b>solve</b> problems set in <b>familiar and unfamiliar situations</b></p> <p>iii. <b>applies</b> physical and health terminology <b>consistently</b> and <b>effectively</b> to communicate understanding.</p>	<p>i. <b>designs and explains</b> a plan for improving physical performance and health</p> <p>ii. <b>explains</b> the effectiveness of a plan based on the outcome.</p>	<p>i. <b>demonstrates and applies a range</b> of skills and techniques</p> <p>ii. <b>demonstrates and applies a range</b> of strategies and movement concepts</p> <p>iii. <b>outlines and applies</b> information to perform <b>effectively</b>.</p>	<p>i. <b>describes and demonstrates</b> strategies that enhance interpersonal skills</p> <p>ii. <b>outlines</b> goals and applies strategies to enhance performance</p> <p>iii. <b>explain and evaluates</b> performance.</p>