



School		Student Name	
Physical Education			

Outcome 6.1 Health Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and engage in continuous aerobic activity.	Can exceed 10 minutes of vigorous activity	Can perform 10 minutes	Can perform 8 minutes or more	Can perform 6 minutes or more	Can perform 4 minutes or more		
Understand and apply the FITT principle	Demonstrate an understanding of 4 FITT principles	Demonstrate an understanding of 3 FITT principles	Demonstrate an understanding of 2 FITT principles	Demonstrate an understanding of 1 FITT principle	Has no understanding of the FITT principles		
Determine the importance of cardiovascular exertion before, during, after activity	Be able to apply 2 or more methods of calculating heart rate	Be able to apply one method of taking heart rate	Demonstrates an understanding of the process of maintaining a heart rate	Unable to monitor heart rate but shows an understanding of the importance of taking heart rate before/during activity	Does not understand the importance of heart rate before/during/after activity		
Identify the importance of a personal fitness plan	Evaluate personal fitness plan and reflect on ways to improve	Perform/implement personal fitness plan	Develop a personal fitness plan with all four FITT principles	Develop a personal fitness plan with 2 or more FITT principles	Has not created a personal fitness plan		

Comments	Total Points



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Outcome 6.2 Body Composition

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate how body composition relates to your own physical self	Clarify myths from facts related to body composition	Evaluates the benefits of body composition	Able to connect how body composition relates to physical self	Shows understanding of what body composition is	Does not understand what body composition is		
Promote healthy ways to effectively maintain an appropriate weight	Apply healthy methods to effectively maintaining an appropriate weight	Categorize a variety of methods to effectively maintain and lose weight	Describe healthy and dangerous ways to lose weight	Express 3 ways of maintaining a healthy body weight	No understanding of what healthy weight management is		

Comments	Total Points



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Outcome 6.3 Muscle Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Identify major muscle groups	Can identify 5 major muscle groups	Can identify 4 major muscle groups	Can identify 3 major muscle groups	Can identify 2 major muscle groups	Unable to identify any muscles		
Creation and implementation of routine to improve muscular strength	Discuss and implement exercises to develop muscular strength	Identify 4 strategies to improve muscular strength	Identify 3 strategies to improve muscular strength	Identify 2 strategies to improve muscular strength	Unable to identify any strategies to improve muscular strength		
Identify safety guidelines to safe and effective muscular strength development	Correctly uses at least 5 exercises in routine	Correctly uses at least 4 exercises in routine	Correctly uses at least 3 exercises in routine	Correctly uses at least 2 exercises in routine	Cannot correctly identify any safety guidelines		

Comments	Total Points



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Outcome 7.1 Create & Implement a Personal Health-Related Fitness Plan

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and regularly engage in continuous aerobic activity	Can exceed 11 consecutive minutes	Can exceed 9 consecutive minutes	Can exceed 7 consecutive minutes	Can exceed 5 consecutive minutes	Less than 5 minutes		
Demonstrate and regularly use safe techniques for flexibility exercise	20 exercises	15 exercises	10 exercises	5 exercises	Less than 5 exercises		
Demonstrate effective techniques that challenge muscular endurance	10	8	6	4 or less	Has not demonstrated appropriate technique		
Design and lead others in a flexibility and muscular endurance workout	5 minutes	4 minutes	3 minutes	2 minutes	1 minute or less		
Analyze personal fitness appraisals to determine personal strengths and weaknesses to create and implement a personal fitness plan	Evaluates, creates and reflects a personal fitness plan which incorporates FITT principles to improve cardiovascular endurance, muscular endurance and flexibility	Evaluates and creates a personal fitness plan which incorporates FITT principles to improve cardiovascular endurance, muscular endurance and flexibility	Creates a personal fitness plan which includes only 2 of the health related fitness components	Creates a personal fitness plan which includes 1 of the health related components	Has not created a fitness plan		
Utilizes heart rate and target heart zone	Able to calculate target heart zone and draw conclusions from the results	Able to calculate target heart zone			Unable to calculate target heart rate zone		

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Outcome 7.2 Examine Personal Daily Nutrition Habits & Fluid Intake Practices

Trait	5	4	3	2	1	Points Earned	Comments
Communicate the contributions of the essential nutrients in the performance of the body	List 3 or more benefits of each of the 6 essential nutrients	List 2 benefits of each of the 6 essential nutrients	List 1 benefit of each of the 6 essential nutrients	Can list all of the 6 essential nutrients but no benefits	Cannot identify all 6 of the essential nutrients		
Monitor and assess own fluid intake practices to apply knowledge of recommended levels to daily behaviours	Revises personal fluid practices according to activity level		Logs daily fluid intake and has a knowledge of daily levels	Keeps a log but doesn't understand recommended daily levels	Does not keep a log		
Investigate the nutritional and performance benefits and detriments of commercially sport and energy drinks	Explains benefits and detriments and applies this knowledge to varying activity level and environments		Understands the benefits and detriments but doesn't apply this knowledge		Does not understand benefits or detriments		
Evaluate your own food consumption choices and level of activity	Applies knowledge of food consumption and activity level and revises personal choices		Monitors own food consumption and personal activity level but has no action plan for change		Does not consider food consumption and activity level in personal choices		

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Outcome 7.3 Demonstrate and Understand of the Effects of Exercise & Inactivity on the Skeletal System

Trait	5	4	3	2	1	Points Earned	Comments
Identifies the location of 25 bones in the body and refers to them by the proper names	Identifies, locates 25 bones and refers to by proper names	Identifies, locates 22 bones and refers to by proper names	Identifies, locates 19 bones and refers to by proper names	Identifies, locates 15 bones and refers to by proper names	Identifies, locates 12 bones and refers to by proper names		
Explain how the skeletal joints are constructed and how they work with muscles and ligaments	Can explain how 5 joints are constructed and how they work	Can explain how 4 joints are constructed and how they work	Can explain how 3 joints are constructed and how they work	Can explain how 2 joints are constructed and how they work	Can explain how 1 or less joints are constructed and how they work		
Communicate the impact of exercise and inactivity on the skeletal system	Can explain how inactivity may cause injury, illness or disease and how exercise can prevent it				Cannot explain how inactivity may cause injury, illness or disease and how exercise can prevent it		

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Outcome 8.1 Create, Implement, Evaluate & Revise a Personal Health Related Fitness Plan...

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and regularly engage in continuous aerobic activity	Can exceed 12 minutes	Can perform 12 minutes	Can perform for 10 minutes	Can perform for 8 minutes	Can perform for 6 minutes or less		
Demonstrate and use resistance training to improve muscular strength and endurance	Can identify 10 or more appropriate training techniques	Can identify 8 or more appropriate training techniques	Can identify 6 or more appropriate training techniques	Can identify 4 or less appropriate training techniques	Has not demonstrated appropriate training techniques		
Demonstrate and regularly use different types of flexibility exercises	Can demonstrate 25 or more flexibility exercises incorporating dynamic, static and passive	Can demonstrate 20 or more flexibility exercises incorporating dynamic, static and passive	Can demonstrate 15 or more flexibility exercises incorporating dynamic, static and passive	Can demonstrate 10 or more flexibility exercises incorporating dynamic, static and passive	Has not demonstrated at least 5 flexibility exercises		
Implement effective strategies for improving core strength	Correctly uses at least 10 exercises	Correctly uses at least 8 exercises	Correctly uses at least 6 exercises	Correctly uses at least 4 or less exercises	Has not demonstrated effective strategies for improving core strength		
Analyze personal fitness appraisals to determine personal strengths and weaknesses to create and implement a personal fitness plan	Revise and re-evaluate your fitness plan in all 4 components of health related fitness	Evaluate your personal fitness plan which includes all 4 health related fitness components	Implement a personal fitness plan which includes at least 3 health related fitness components	Create a personal fitness plan which includes at least 2 health related components	Has not created a personal fitness plan		

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Outcome 8.2 Muscular System

Trait	5	4	3	2	1	Points Earned	Comments
Identifies 12 major muscles and groupings	Identifies all 12 plus quads, hamstrings and calf muscles	Identifies correctly 11 or 12	Identifies correctly 9 or 10	Identifies 7 or 8	Identifies less than 6		
Demonstrates exercises that will affect muscular endurance	1 exercise for at least 8 named muscles or groups	4 or more exercises for upper and lower body	3 exercises for upper and lower body	Exercises does not match component	Cannot demonstrate exercise		
Demonstrates exercise that will affect muscular strength	1 exercise for at least 8 named muscles or groups	4 or more exercises for upper and lower body	3 exercises for upper and lower body	Exercise does not match component	Cannot demonstrate exercise		
Demonstrates exercise that will affect flexibility	1 exercise for at least 8 named muscles or groups	4 or more exercises for upper and lower body	3 exercises for upper and lower body	Exercise does not match component	Cannot demonstrate exercise		
Ability to communicate the benefits of having strong and flexible muscles	Can discuss current trends, news or research on benefits	Explains 4 or more reasons	Explains at least 3 reasons	Explains 1 reason	Cannot explain any reasons		
Explain need to work opposing muscles and use/disuse principle	Create and use plan to work at least 3 opposing muscles or groups with and without equipment	Creates and uses plan to work at least 2 opposing muscles or group with and without equipment	Creates and uses plan when told by teacher	Sometimes can correctly use opposing muscles when told by teacher	Does not use opposing muscle groupings		

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Outcome 8.3 Skill Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Assess personal fitness level. Participates in and sets personal goals for improvement in the skill-related components of fitness	Research training methods and implement a plan for improvement in the skill related components of fitness	Completes all of the fitness appraisals and sets personal goal for improvement	Completes 4 components and implements plan	Completes 3 or less components	Participates in activities but has no plan for improvement		

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Outcome 8.3 Skill Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Assess personal fitness level. Participates in and sets personal goals for improvement in the skill-related components of fitness	Research training methods and implement a plan for improvement in the skill related components of fitness	Completes all of the fitness appraisals and sets personal goal for improvement	Completes 4 components and implements plan	Completes 3 or less components	Participates in activities but has no plan for improvement		

Comments	Total Points



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Outcome 9.1 Health Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and engage in continuous aerobic activity	Can exceed 12 minutes	Can perform 12 minutes	Can perform 10 minutes or more	Can perform 8 minutes or more	Can perform 6 minutes or less		
Assess personal fitness level	Have completed and logged all fitness appraisals	Have logged and completed 20 fitness appraisals	Have logged and completed 15 fitness appraisals	Have logged and completed 10 fitness related appraisals	Has 5 or less completed fitness related appraisals		
Create and implement fitness plan	Revise and reevaluate your personal fitness plan for all four health related components	Evaluate personal fitness plan in all areas of health related component	Implement your personal fitness plan which includes at least 3 health related components	Create a personal fitness plan that includes at least 2 health related components	Has not created a personal fitness plan		
Assess fitness plans of others	Reflect on and incorporate feedback to revise personal fitness plan	Provide feedback to support others in their personal fitness plan	Assess fitness plans of others	Inconsistent feedback to others	Provide no feedback to others		

Comments	Total Points



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Outcome 9.2 Body Composition

Trait	5	4	3	2	1	Points Earned	Comments
Appraise the safe methods of maintaining/improving body composition and weight management	Analyze and compare the influences of mass media on body image	Apply the importance of the benefits of managing body and weight composition	Understand the attraction of commercially promoted means of weight loss	Understand there are safe/unsafe ways to manage body composition	Does not understand what body composition is and the importance of safely maintaining it		

Comments	Total Points