

Fitness Wise

Grade Span: 5-8

Discipline: Physical Education

Maine Learning Results: A1
Standard A – Physical Fitness

Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.

Performance Indicator:

1 – Define the components of skill-related fitness and health related fitness and identify activities which contribute to the development of each component.

Assessment Summary:

Students will complete the sheet called Fitness Wise

Materials and Resources:

- Pens/pencils
- Task and scoring guide

Suggested Timeframe:

One class period of 45 minutes

Suggestions for Prior Instruction:

- Skill related fitness components: agility, balance, coordination, power, reaction time and speed
- Health related fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Variety of activities that contribute to the development of each component

Source of Original Assessment:

Local Assessment Development Institute 2002

Fitness Wise

Name: _____

Date: _____



To achieve and maintain good personal health it is important to understand each category of fitness, its components, and participate in activities that enhances those components.

In the space provided below:

- a. List and define three components for each type of fitness
- b. Give two examples of activities which contribute to the development of the components for skill related fitness and health related fitness.

<u>Skill Related Fitness</u>	<u>Health Related Fitness</u>
<p><u>Components</u></p> <p>a.</p> <p>b.</p> <p>c.</p>	<p><u>Components</u></p> <p>a.</p> <p>b.</p> <p>c.</p>
<p><u>Examples of Activities</u></p> <p>1.</p> <p>2.</p>	<p><u>Examples of Activities</u></p> <p>1.</p> <p>2.</p>



DRAFT SCORING GUIDE		Fitness Wise			5-8 Physical Education
SCORING CRITERIA	1 attempted demonstration	2 partial demonstration	3 proficient demonstration	4 sophisticated demonstration	
<p>A. Physical Fitness</p> <p>1. Define the components of skill related fitness and health related fitness and identify activities which contribute to the development of each component.</p> <p>Source of Evidence: Fitness Wise sheet</p>	<p>Definitions are incomplete or inaccurate. Activities are incomplete or inaccurate.</p>	<p>Definitions may contain some inaccurate information. Some activities may not contribute to the development of the components</p>	<p>Definitions are accurate and activities contribute to the development of the components.</p>	<p>Definitions are accurate and indicate a sophisticated level of understanding. Activities contribute to the development of the components.</p>	