

Knowledge of Weight Training						
	No Criteria Met 0 pts	Poor 1 pts	Did Not Meet Standard 2 pts	Meets Standard 3 pts	Exceeds Standard 4 pts	
Application of Skills and Safety	No Criteria Met	<p>Poor</p> <p>Students select an inappropriate exercise (free weights or weight machines) to match the assigned muscle group and/or make major errors in weight selection, form/technique and/or equipment management resulting in consistently incorrect and ineffective performance. Students need direction and/or supervision to safely complete the activity.</p>	<p>Did Not Meet Standard</p> <p>Students select appropriate exercise (free weights or weight machines) to match the assigned muscle group, but make major errors in weight selection, form/technique and/or equipment management. Students need assistance to effectively complete the activity.</p>	<p>Meets Standard</p> <p>Using weight machines, students select the appropriate exercise to match the assigned muscle group. Students select proper weight and demonstrate correct skill with few, if any, observable errors in technique. Students demonstrate proper equipment management.</p>	<p>Exceeds Standard</p> <p>Using free weights, students select the appropriate exercise to match the assigned muscle group. Students select proper weight and demonstrate correct skill with few, if any, observable errors in technique.</p>	
Personal/Social Responsibility & Safety	No Criteria Met	<p>Poor</p> <p>Students lack self-control and/or need reminders and encouragement from others to participate in a safe, energetic, and/or respectful manner.</p>	<p>Did Not Meet Standard</p> <p>Students participate safely demonstrating self-control and respect for others but are inconsistent in energy.</p>	<p>Meets Standard</p> <p>Students participate energetically and safely demonstrating self-control and respect for others.</p>	<p>Exceeds Standard</p> <p>Students participate with high intensity, self-direction, and attention to detail. Students participate energetically and safely demonstrating self-control.</p>	
Enter Title	No Criteria Met	<p>Poor</p> <p>Student</p>	<p>Did Not Meet Standard</p>	<p>Meets Standard</p>	<p>Exceeds Standard</p>	

Enter Title						
	No Criteria met 0 pts	Enter Title (N/A) N/A	Enter Title (N/A)	Meets Standard 1 pts Student makes an attempt to complete fitness run	Exceeds Standards 2 pts Student completes the fitness run	
Cardiovascular training	No Criteria met	Enter Title	Enter Title	Meets Standard	Exceeds Standards	