Cognitive/Affective Assessment
Grade Level K-2
Standards 3 and 5
The physically literate individual demonstrates knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Objective: TSW show examples of daily physical activity performed outside of the classroom representing 4 areas of health related fitness (cardiovascular, muscular strength/endurance, and flexibility) for one week by collecting pictures of activities and demonstrate understanding of how these activities impact personal health by identifying the appropriate benefit to the teacher.

Student Name____________________  Pre-test Score_______  Post-test Score_______

Critical elements:
1. Student can show a variety of activities engaged in daily, including cardiovascular, muscular strength/endurance and flexibility activities.
2. Student demonstrates understanding of benefits for personal health by orally identifying the fitness component impacted by the activities.

Personal Health Benefits Chart
Cardiovascular: I have a strong heart
Muscular strength: I have strong muscles
Muscular endurance: I can do movements over and over again
Flexibility: I can stretch

Note: Critical elements may be scored individually or as 1 item
Scoring:

<table>
<thead>
<tr>
<th>Ineffective</th>
<th>Developing</th>
<th>Effective</th>
<th>Highly Effective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shows 1 example</td>
<td>Shows 2-3 examples</td>
<td>Shows 3-4 examples</td>
<td>Shows 4-5 examples</td>
</tr>
<tr>
<td>Limited to one fitness component</td>
<td>Activity represents 1-2 fitness components</td>
<td>Activity represents 3 fitness components</td>
<td>Activity represent all fitness components</td>
</tr>
<tr>
<td>Cannot link any activity to appropriate personal health benefit</td>
<td>Able to link 1 activity to appropriate personal health benefit</td>
<td>Able to link 2-3 activities to appropriate personal health benefit</td>
<td>Able to link all activities to appropriate personal health benefits</td>
</tr>
</tbody>
</table>

Comments

ACTIVITIES THAT MAKE US HEALTHY

Collect pictures from magazines or newspapers or the internet that show different activities that you did this week. Be able to tell your teacher how these activities made you healthier using the Personal Health Benefits Chart.