Cognitive/Affective Assessment
Grade Level 9-12
Standards 3 and 5
The physically literate individual demonstrates the 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 interactions.

Objective: TSW analyze personal fitness level based on fitness scores, show participation in daily activities, develop a physical activity plan based on personal needs and interests, and reflect on the health related benefits resulting from participation in physical activity.

Student Name____________________
Pre-test Score_______
Post-test Score_______

Critical Elements:
1. Student will be able to analyze personal fitness levels based on fitness scores and
2. Student will develop an activity plan for daily physical activity based on personal needs and interests.
3. Student demonstrates daily participation in health enhancing physical activity.
4. Student will reflect on long term health benefits, enjoyment and challenges that result from participation in physical activity.

Note critical elements may be scored individually or as 1 item

Scoring:

<table>
<thead>
<tr>
<th>Ineffective 1</th>
<th>Developing 2</th>
<th>Effective 3</th>
<th>Highly Effective 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student cannot analyze current fitness level based on fitness scores. Does not show daily participation. Planning, and reporting are incomplete and/or do not show correlation to goals and interests. Student cannot relate health benefits.</td>
<td>Student shows ability to analyze 2 components of fitness. Student participates 2 days per week. Planning, participation and reporting show some correlation to goals, and interests. Student can relate activity to short term benefit only.</td>
<td>Student shows ability to analyzed 3 components of fitness based on fitness scores. Student participated 3 days per week. Planning, participation and reporting shows correlation to goals and interests. Student can relate activity to long term health benefit.</td>
<td>Student shows ability to analyze all components of fitness. Student participated in 4 or more days per week. Planning, participation and reporting shows correlation related to personal needs, enjoyment, goals and interests. Student shows ability to relate activities to long term health benefit.</td>
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Personal Participation in Physical Activity
Analyze your personal level of fitness based on fitness testing scores. Establish personal goals for your project that will maintain or improve personal health related fitness components. Apply principles presented in class that will enable you to meet these goals. Create a program for developing health related fitness components. Provide an activity log, and discussion of how the activities enabled you to achieve the goals. Discuss challenges and successes encountered throughout the program. Reflect on personal enjoyment and satisfaction resulting from activity. Discuss how this activity plan will impact long term health.