Cognitive/Affective Assessment
Grade Level 6-8
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 set personal health enhancing physical activity goals, show engagement in a variety of daily physical activity that relates to these goals and identify how these activities impact personal health related fitness.

Student Name_____________________________        Pre-test_______  Post-test_______

Critical Elements:
1. Student sets personal physical activity goals that are realistic and achievable.
2. Student will show participation in a variety of physical activity on a daily basis that promotes a healthy lifestyle based on personal abilities and interests.
3. Student will be able to explain how the activities engaged in assisted in attainment of goals

Scoring:

<table>
<thead>
<tr>
<th></th>
<th>Ineffective 1</th>
<th>Developing 2</th>
<th>Effective 3</th>
<th>Highly Effective 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Student cannot set activity goals that are realistic or achievable. Student does not show daily participation. Student does not show understanding of how activity relates to attainment of goals</td>
<td>Student sets goals that are realistic and achievable but does not show understanding of how activity relates to goals. Student participates 2 days per week. Participation lacks variety Student can relate 2 areas of goal attainment to activity</td>
<td>Student sets realistic achievable goals and participates in activity that somewhat relates to set goals, but is not clear as to how these activities relate to goals. Student participates in a variety of activities 3 days per week. Student can relate 3 areas of goal attainment to activity.</td>
<td>Student sets realistic achievable goals and participates in activity that develops health enhancing fitness related to goals. Student participates in wide variety of activities 4 or more days of the week. Student can relate all areas of goal attainment to activity.</td>
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</tbody>
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Beginning of the month:
State the physical activity goal you want to achieve by the end of the month.
My goal is:
What physical activities are you going to participate in to meet your goals?
Why did you choose the above activities?
How do you expect the activities to achieve your goals?

End of the month:
Did you achieve your goals? How do you know? Provide evidence to support your answer. How did the activities help you achieve your fitness goals? What will you change next month?