

<b>Course Title: Weight Training 3</b>			
<b>Course Number: 1501360</b>			
<b>NGSSS Benchmark</b>	<b>Content Focus</b>	<b>Number of Questions</b>	<b>Suggested Cognitive Complexity (per CPALMS)</b>
<b><i>Reporting Category 1: Demonstrate competency and proficiency in movements</i></b>			
PE.912. M.1.16	Principles of training for individual needs	2	2 Level 2
PE.912.M.1.19	Using correct body alignment in performance of movements	4	1 Level 1 3 Level 2
PE.912.M.1.30	Combine and apply movement patterns, simple to complex	1	1 Level 2
PE.912.M 1.34	Using mechanical principles for specific lifts	1	1 Level 1
PE.912.M.1.35	Using proper safety procedures during class	4	3 Level 2 1 Level 3
PE.912.M.1.5	Strategies for self improvement based on individual needs	3	3 Level 2
<i>Reporting Category Total</i>		15	
<b><i>Reporting Category 2: Identify, analyze, and evaluate movements, principles, safety, and strategies for performance</i></b>			
PE.912.C.2.17	Assess physiological effects of exercise during and after activity	2	1 Level 1 1 Level 2
PE.912.C.2.22	Explain the skill related components of fitness and how they enhance performance levels	2	1 Level 1 1 Level 2
PE.912.C 2.23	Apply appropriate technology and analyze data	1	1 Level 2
PE.912.C.2.25	Safety procedures, rules, and equipment associated with specific lifts	3	1 Level 1 1 Level 2 1 Level 3
PE.912.C.2.26	Detecting and correcting skill patterns of self and/or partner	2	2 Level 2
PE.912.C.2.7	Evaluate the effectiveness of specific warm-up/cool down activities	2	1 Level 2 1 Level 3
<i>Reporting Category Total</i>		12	
<b><i>Reporting Category 3: Participating in physical activities &amp; developing a fitness program</i></b>			
PE.912.L.3.2	Participate in a variety of activities that promote health related components of fitness	1	1 Level 2
PE.912.L.3.6	Risks and safety factors that may affect activity throughout life.	2	2 Level 2
PE.912.L.4.2	Ways to self-assess and modify a fitness program	2	1 Level 1 1 Level 2
PE.912.L.4.5	Apply principles of training to fitness goals	2	2 Level 2
<i>Reporting Category Total</i>		7	
<b><i>Reporting Category 4: Responsible behaviors and values</i></b>			
PE.912.R.5.5	Demonstrate etiquette, care of equipment, respect for facilities and safe behavior	3	1 Level 1 2 Level 2
PE.912.R.6.2	Analyze physical activities from which benefits can be derived	3	2 Level 2 1 Level 3
<i>Reporting Category Total</i>		6	

Overall Percentage for Written Test: \_\_\_50%\_\_\_

Overall Percentage for Performance Tasks: \_\_\_50%\_\_\_

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Overall Percentage for Performance Tasks: 50%

<b>Performance Task #1</b>	<b>Bench, Squat, and/or Clean</b>
<b>Weighting Percent for this Task</b>	50%
<b>Standard</b>	PE.912.M.1.12 Perform a variety of complex movements using a variety of equipment PE.912.M.1.30 Apply movement patterns from simple to complex PE.912.L.3.2 Participate in activities that promote components of fitness
<b>Exemplar (If applicable)</b>	
<b>Additional Information</b>	Students will be assessed on their improvement on Bench, Squat, and/or Clean. Improvement will be calculated using their first max test from the beginning of the year as a baseline.
<b>Suggested Assessment Team</b>	Teacher of record, co-teacher, or school weight lifting coach

**Rubric:**

90 - 100%	Student has improved by 10% or more
80 - 89%	Student has improved by 5 - 9.9%
70 - 79%	Student has improved by 2 - 4.9%
60 - 69%	Student has maintained or improved by less than 2%
0 - 59%	Student has not maintained strength