

Course Title: M/J Comprehensive Physical Education – Grades6/7			
Course Number: 1508600			
NGSSS Benchmark	Content Focus	Number of Questions	Suggested Cognitive Complexity (per CPALMS)
<i>Reporting Category 1: Movement Competency</i>			
P.E.7.M.1.1	Part. In mod versions of team sports	3	3 level 2
P.E.7.M.1.7	Utilize proper equipment and implement safety	1	1 level 1
P.E.7.M.1.8	Apply Technology to eval. and improve skill perf.	1	1 level 3
P.E.7.M.1.2	Use basic off. and def. strategies in modified sports	1	1 level 2
<i>Reporting Category Total</i>		6	
<i>Reporting Category 2:Cognitive Ability</i>			
P.E.7.C.2.1	Identify the basic rules for team sports	4	4 level 2
P.E.6.C.2.7	Determine THR zone and explain how to adjust intensity	1	1 level 1
P.E.6.C.2.12	List components of skill related fitness	3	1 level 3 2 level 2
P.E.6.C.2.3	Describe how health related components are improved through training principles	3	1 level 3 2 level 2
P.E.7.C.2.9	Describe how movement skills can be transferred	2	1 level 3 1 level 2
P.E.6.C.2.13	List warm-up and cool-down techniques and why we use them	1	1 level 2
P.E.6.C.2.22	List 3 different types of heat related illnesses with fluid loss	1	1 level 1
<i>Reporting Category Total</i>		15	
<i>Reporting Category 3:Lifetime Fitness</i>			
P.E.6.L.3.1	Participate in moderate physical activity daily	1	1 level 2
P.E.6.L.3.5	Identify community opportunities for physical activity	1	1 level 1
P.E.6.L.4.4	Develop fitness program	1	1 level 3
<i>Reporting Category Total</i>		3	
<i>Reporting Category 4:Responsible Behaviors and Values</i>			
P.E.6.R.6.2	Identify benefits of participation	2	1 level 1 1 level 2
P.E.7.R.5.3	Demonstrate responsible behaviors during activity	1	1 level 3
P.E.7.R.5.2	Demonstrate acceptance and respect for diversity and ability	2	1 level 1 1 level 2
P.E.7.R.5.1	Identify situations where peer pressure could neg. impact	1	1 level 2
<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%

Performance Task #1	Overhand Throwing Accuracy
Weighting Percent for this Task	50%
Standard	P.E.7.M.1.1
Exemplar (If applicable)	
Additional Information	Student will attempt ten throws at a target (target measures 3' by 3' for 1 point and 1.5 feet by 1.5 feet for two points) from a distance of 20 feet in order to score the maximum amount of points. Maximum possible points = 20.
Suggested Assessment Team	ITMS: Terri Lane, Sari Ayer, Laricky Jones BTMS: Katie Senderling, Travis Holloway, Paul Lambert

Rubric:

4	15-20 points
3	10-14 points
2	5-9 points
1	1-4 points
0	0 points

