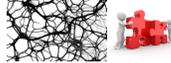
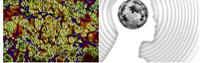
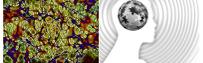


**Fitness Skills**

	 <b>Beginning</b>	 <b>Practicing &amp; Progressing</b>	 <b>Building Control &amp; Consistency</b>	 <b>Utilizing &amp; Applying</b>
Maintaining MVPA during individual fitness challenges & MVPA games.	I don't know how to maintain MVPA or use RPE.	I know what I need to do in order maintain MVPA. I am practicing meeting the individual and game challenge with trial and error.	I consistently meet both the individual and game MVPA challenge.	After participating in a variety of MVPA challenges during class I can create an MVPA game to be enjoyed by the class and at the same time enable all participants to get high levels of MVPA while making adjustments using our RPE chart.
Using an RPE (Rate Of Perceived Exertion) to adjust and maintain MVPA.	I don't know what an RPE Chart is or how to use one.	I know what the RPE chart is. I am practicing using it to meet the individual and game MVPA challenge.	I consistently use RPE to meet both the individual and game MVPA challenge.	See Above

**Fitness Knowledge**

	 <b>Beginning</b>	 <b>Practicing &amp; Progressing</b>	 <b>Building Control &amp; Consistency</b>	 <b>Utilizing, Applying &amp; Synthesizing</b>
MVPA RPE	I do not know what MVPA or RPE stand for.	I know what the letters stand for.	...And I can describe both MVPA and RPE	... And I can create an activity that I can participate in with my friends where I can maintain MVPA using RPE.
Cardiorespiratory Endurance	I do not know what cardiorespiratory endurance is.	I can define cardiorespiratory endurance.	...And I can describe some of the benefits of spending time to maintain cardiorespiratory endurance on different parts or systems of the body.	... And I can create an activity that I can participate in with my friends which contributes to my own cardiorespiratory endurance levels.

**Personal Reflection**

Favorite MVPA Activities	I don't know what my favorite MVPA activities are.	I can identify some activities I enjoy but I'm not sure why I enjoy them.	I know what types of MVPA activities I enjoy and I can identify specific reasons why they are enjoyable for me personally.	...And I can create use what I know about what I enjoy about MVPA activities to create a new game or activity that my friends might enjoy too.
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