

Grade-Level Outcome

Compares and contrasts health-related fitness components. (S3.M7.8)

Assessment Task

Complete an online journal activity that compares and contrasts the health-related fitness components.

Guidelines

- Complete the journal activity as homework
- Uses Google Classroom or another form of web resource

Setup

Computer access

Modifications for Other Grade Levels

The assessment task may be modified for Grade 6 and 7 outcomes. The Grade 6 Outcome S3.M7.6 has students identifying the components of skill-related fitness. The Grade 7 Outcome S3.M7.7 has students distinguish between health-related and skill-related fitness. Both outcomes can be assessed by the journal activity or could be measured by a quiz or exit slip.

Critical Components for Journal Activity

Specific requirements for the assignment are below:

Content Requirements

- Compare the health-related fitness components
- Contrast the health-related fitness components

Writing and Grammar

- Journal entry is well-organized, focused, and clearly outlines major points
- Concepts were logically arranged to present a sound argument
- Normal conventions of spelling and grammar were followed with only minor errors
- Minor errors in spelling and grammar did not interfere with the readability of entry

Scoring Rubric for Journal Activity, Grade 8

INDICATOR	DEVELOPING	COMPETENT	PROFICIENT
Compares and Contrasts Various Components or Concepts	<ul style="list-style-type: none"> • Not all health-related fitness components compared • Inaccurate information 	<ul style="list-style-type: none"> • All health-related fitness components accurately compared and contrasted • Accurate information 	<ul style="list-style-type: none"> • Compares and contrasts health-related fitness components • Accurate information • Relates components to specific physical and mental wellness
Writing and Grammar	<ul style="list-style-type: none"> • Poorly organized journal • Gaps in entries • Errors in spelling and grammar negatively impact readability 	<ul style="list-style-type: none"> • Well-organized and logically arranged journal entries • Required number of entries present • Only minor errors in grammar and/or spelling that do not interfere with readability 	<ul style="list-style-type: none"> • Entries well-organized, logically arranged, and directly support conclusions • Required number of entries present • Less than 5 errors in grammar and/or spelling with no impact on readability • Transitions effective and aid in comprehension

Note: Many outcomes can be assessed using a journal assignment. The assessment and scoring guide can be modified to fit the critical components of the selected outcome.