

Engages in Physical Activity

Grades 6-8

Grade-Level Outcomes

- Participates in a variety of aerobic-fitness activities such as cardio-kick, step aerobics and aerobic dance. (S3.M3.6)
- Participates in a variety of strength- and endurance-fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training. (S3.M3.7)
- Participates in a variety of self-selected aerobic-fitness activities outside of school such as walking, jogging, biking, skating, dancing and swimming. (S3.M3.8)

Assessment Task

Participate in physical activity in or outside of physical education class.

Guidelines

Participate and log in physical activity performed in or outside of physical education class according to the outcome

Setup

- Distribute physical activity logs.
- Data collection completed through applications like Google Docs or an app on a device or computer station. This will make the management of the data much easier and get students in the habit of using technology to track and monitor their physical activity.

Modifications for Other Outcomes and Grade Levels

This activity log can be easily modified for Grade-Level Outcomes S3.M4 and S3.M5 by changing the activities to match the content of the outcomes (e.g., aerobic fitness using technology, strength and endurance, lifetime activities). For an example of a physical activity log specific to step count see Appendix T.

Sample Physical Activity Log

PHYSICAL ACTIVITY	DATE	AMOUNT OF TIME
Aerobic – fitness		
• Cardio-step		
• Step aerobics		
• Aerobic dance		
• Other: _____		
Strength and endurance – fitness		
• Pilates		
• Resistance training		
• Body weight training		
• Light free-weight training		
• Other: _____		
Aerobic – fitness		
• Walking		
• Jogging		
• Biking		
• Skating		
• Dancing		
• Swimming		
• Other: _____		