

# Anoka-Hennepin

## Physical Education

### PE I Standard I

**Benchmark 9.1.3.1: Demonstrate competency in specialized skills in each of the health-related fitness components: muscular strength, muscular endurance, flexibility, cardiorespiratory fitness.**

	4	3	2	1
Muscular Strength	Student can perform all lifts with proper technique without prompting. Student has proper spotting technique and ensures the lifters safety.	Student can perform lifts with proper technique and minimal prompting. Spotting is good, keeping lifter safety a priority.	Student can identify exercises and performs lifts but needs prompting on technique. Spotting is good with lifter safety a priority.	Student needs prompting on both identification and proper technique. Lifter safety is of little concern.
Muscular Endurance	Student can perform all lifts with proper technique without prompting. Student has proper spotting technique and ensures the lifters safety.	Student can perform lifts with proper technique and minimal prompting. Spotting is good, keeping lifter safety a priority.	Student can identify exercises and performs lifts but needs prompting on technique. Spotting is good with lifter safety a priority.	Student needs prompting on both identification and proper technique. Lifter safety is of little concern.
Flexibility	Student performs proper dynamic and static stretches, <b>without</b> prompting, for each muscle or muscle group utilized during activity.	Student performs proper dynamic and static stretches, <b>with</b> prompting, for each muscle or muscle group utilized during activity.	Student performs dynamic and/or static stretches, with prompting, but does not address each muscle or muscle group being utilized during activity.	Student needs help identifying and performing static and/or dynamic stretches for each muscle or muscle group being utilized during activity.
Cardio Fitness	Students demonstrate the correct intensity of exercise to establish and maintain a heart rate in the target zone for 20 minutes and respond correctly to the feedback of "working" heart rate data to make few, if any, adjustments in exercise intensity necessary to maintain heart rate in the target zone.	Students demonstrate the correct intensity of exercise to establish a heart rate in the target zone but cannot consistently maintain a heart rate in the target zone for 20 minutes as they attempt to respond to heart rate data by making adjustments.	Students may need assistance to select, prepare, and use heart rate monitoring equipment and/or make major errors leading to ineffective and inconsistent performance as they attempt to establish and maintain a heart rate in the target zone for 20 minutes.	Students may need instruction to effectively select, prepare, and use heart rate monitoring equipment. Students attempt the activity but are unable to complete the task.