

High Priority Proficiency Scales for:

High School PE II - Standard 2

<p>Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p> <p>Code: 9.2.1.3</p> <p>Benchmark: Design a practice plan to improve performance for a self-selected skill and justify how the components of the plan will address the areas of concern.</p>		
	Proficiency Scale (The student will)	Rubric Scoring
Score 4.0	<p>In addition to Score 3.0, a student demonstrates understanding and applies their knowledge / skills at a more complex cognitive level.</p> <p>For example, the student will:</p> <ul style="list-style-type: none"> • Successfully implement the practice plan. 	<ul style="list-style-type: none"> • Successful implementation of a self-selected skill plan.
	<p>3.5: In addition to score 3.0 performance, in-depth inferences and applications of score 4.0 with partial success.</p>	
Score 3.0	<p><u>Learning Goal</u> - To design a practice plan to improve performance for a self-selected skill and justify how the components of the plan will address the areas of concern, the student will:</p> <ul style="list-style-type: none"> • Design a practice plan to improve performance for a self-selected skill and; • Justify how the components of the plan will address the areas of concern. <p>The student exhibits no major errors or omissions.</p>	<ul style="list-style-type: none"> • Self-selected Skill plan Includes: Components of Skill, Set Goal, Planning for improvement. • Does not include implementation.
	<p>2.5: No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.</p>	
Score 2.0	<p>The student exhibits no major errors or omissions regarding the 2.0 content, however the student exhibits major errors or omissions regarding the 3.0 content.</p> <p>The student will recognize or recall simple vocabulary, such as:</p> <ul style="list-style-type: none"> • Strategy, Improvement Plan, Self-Analysis, Mastery <p>The student will perform basic processes, such as:</p> <ul style="list-style-type: none"> • Understand the FITT principle 	<ul style="list-style-type: none"> • Student partially addresses within the Skill plan: Components of Skill, Set Goal, Planning for improvement. • Missing adequate detail. • Recognizes and recalls simple vocabulary.

	<ul style="list-style-type: none"> Understand overload, progression, specificity, reversibility. 	
	<p>1.5: Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.</p>	
<p>Score 1.0</p>	<p>With help, a partial understanding of the 2.0 content and some of the 3.0 content.</p>	<ul style="list-style-type: none"> Student can identify some key vocabulary. Student did not select a skill or complete a plan.
	<p>0.5: With help, a partial understanding of the 2.0 content, but not the 3.0 content.</p>	
<p>Score 0.0</p>	<p>Even with help, no understanding or skill demonstrated.</p>	