

## Conceptual Understandings

CT [H&BLCF](#) Standard 10: Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

CT [H&BLCF](#) Standard 11: Participate regularly in physical activity

CT [H&BLCF](#) Standard 12: Achieve and maintain a health enhancing level of physical fitness.

CT [H&BLCF](#) Standard 14: Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<b>Student</b>	<b>Below Standard</b>	<b>Developing</b>	<b>Proficient</b>	<b>Exemplary</b>
<b>Movement Concepts and Strategies</b>	Student understands the movement necessary to be successful in a limited number of individual, dual and team activities and has difficulty applying those concepts.	Student understands the movement necessary to be successful in individual, dual and team activities but can only apply those concepts occasionally.	Student understands and can apply the movement concepts necessary to be successful in different individual, dual and team activities.	Student understands and can apply the movement concepts necessary to be successful in different individual, dual and team activities and can adjust to ever changing environments.
<b>Fitness Concepts</b>	Student understands some of the factors that contribute to being physically fit.	Student understands and occasionally applies fitness concepts.	Student understands and applies fitness concepts to individual, dual and group activities.	Student understands and applies fitness concepts to individual, dual and group activities.
<b>Goal Setting</b>	Students can achieve only one or none of the steps of goal setting: set an achievable goal, create a reasonable plan, implement the plan and evaluate it.	Students can achieve two to three of the steps of goal setting: set an achievable goal, create a reasonable plan, implement the plan and evaluate it.	Students can set an achievable goal, create a reasonable plan, implement the plan, and correctly evaluate it.	Students can set an achievable goal, create a reasonable plan, implement the plan, and correctly evaluate it in a variety of activities.