PE 30.2 Lifelong Fitness Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **Fully meeting expectations, with enriched understanding (EU)** | **Fully meeting grade level expectations (FM)** | **Mostly meeting grade level expectations (MM)** | **Not yet meeting grade level expectations (NY)** |
| **PE 30. 2**  **Explore methods and opportunities for sustaining lifelong fitness.** | You demonstrate a complex understanding of fitness levels as they relate to you personally over your lifetime. You might be:   * Design a fitness program for another age group * Design a plan to address the fitness needs of someone else * Explore careers that support lifelong fitness * Designing a plan to address personal fitness needs * Proposing additional community supports for fitness   You show an in depth understanding of the complexity of lifelong fitness. | You can demonstrate an understanding of fitness levels as they relate to you personally over your lifetime. You show this by:   * Reflecting on areas of fitness success as well as areas that need fitness improvement in your life. * Demonstrating the responsibility of lifelong fitness within the class as well as afterhours activities. * Identifying places within your community where you can engage in physical activity in school and beyond. * Mapping potential changes in one’s physical activity interests over a lifetime (can identify activities for people of all ages.)   You support your skills fully with relevant knowledge. | You are exploring and practicing how to sustain lifelong fitness. You may be:   * Exploring all the areas of fitness * Exploring why fitness matters * Exploring places where fitness building activities are offered * Exploring the aging process (physically and emotionally) * Exploring variables that change over a person’s life * Exploring fitness possibilities outside of class time   Explore this topic further to gain confidence and deepen your understanding. | You are building readiness to explore how to sustain lifelong fitness. You might be exploring:   * Why might our fitness needs change as we age? * What do we mean by fitness? How is it about more than sports? * Where are some of the place we might go to build our fitness? * What might I do when for fitness when I get older? |

Feedback: