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?
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Feedback: