

PBA Fitness Planning

Step 1: Choose the goals/objectives to be assessed.		
SOL/Goal/ Objective(s)	By DATE 2019, STUDENT, (independently, with prompts, with help from teacher or peer when asked) will successfully create a fitness portfolio by completing 8 SMART goals, 8 self-evaluations, and 8 Fitness category correlations. SOL 4.3a,b,c,d,e 5.3 a & b	
Step 2: Complete at least one bullet in each GRASPS area below to help you create an authentic scenario to assess the identified objectives.		
Acronym	Choose 1 sentence-starter for each letter and complete it in the third column below.	
Goal	<ul style="list-style-type: none"> ●Your task is __ ●The goal is to __ ●The problem or challenge is 	<u>Your goal is to</u> create a personal fitness portfolio
Role	<ul style="list-style-type: none"> ●You are __ ●You have been asked to __ ●Your job is __ 	<u>You have been asked to</u> set SMART goals, evaluate your fitness test results, and list exercises or activities that can help you reach your SMART goal.
Audience	<ul style="list-style-type: none"> ●Your clients are __ ●The target audience is __ ●You need to convince __ 	<u>The target audience is</u> your teacher and a peer that you select.
Situation	<ul style="list-style-type: none"> ●The context you find yourself in is __ ●The challenge involves dealing with __ 	<u>The context you find yourself in is:</u> Set SMART goals for my own personal fitness, evaluate your current fitness, and determine how to reach your own fitness goals.
Product	<ul style="list-style-type: none"> ●You will create a __ in order to __ ●You need to develop __ so that __ 	<u>You will create a</u> fitness portfolio in order to monitor your fitness progress.
Standards & Criteria for Success	<ul style="list-style-type: none"> ●Your performance needs to __ ●Your work will be judged by __ ●Your product must meet the following standards: __ 	<u>Your work will be judged by</u> your teacher and a selected peer.

Step 3: Use the completed sentences above to write a scenario students will read and follow to complete this performance-based assessment. Type it in the empty box that follows:

To monitor and improve fitness level students will create a fitness portfolio that contains SMART goals, self-evaluations, and a list of exercises for each of the 8 fitnessgram tests in Physical Education. You will present your fitness portfolio to a peer before submitting it to your teacher.

Step 4: Align your summative, performance-based assessment with a grading rubric.

CATEGORY	4	3	2	1	Total
Self-Evaluation	Student accurately evaluated 7 or 8 fitness scores.	Student accurately evaluated 5 or 6 fitness scores.	Student accurately evaluated 3 or 4 fitness scores.	Student accurately evaluated 1 or 2 fitness scores.	___/4
Exercise related to fitness test	Student accurately listed 7 or 8 exercises/activities that correlate to the fitness test.	Student accurately listed 5 or 6 exercises/activities that correlate to the fitness test.	Student accurately listed 3 or 4 exercises/activities that correlate to the fitness test.	Student accurately listed 1 or 2 exercises/activities that correlate to the fitness test.	___/4
SMART Goal(s)	Student created 7 or 8 accurate SMART Goals.	Student created 5 or 6 accurate SMART Goals.	Student created 3 or 4 accurate SMART Goals.	Student created 1 or 2 accurate SMART Goals.	___/4
Peer Review	Student reviews peer fitness portfolio and asks questions about the portfolio, explains or justifies their own portfolio, and recommends or makes changes.	Student reviews peer fitness portfolio and asks questions about the portfolio and explains or justifies their own portfolio.	Student reviews peer fitness portfolio and asks questions about the portfolio.	Student reviews peer fitness portfolio.	___/4