


General Outcome B: Benefits of Health



Students will understand, experience and appreciate the health benefits that result from physical activity.

CRITERIA Specific Outcome	Excellent (Consistently)	Proficient (Frequently)	Adequate (Occasionally)	Limited (Rarely)
 Functional Fitness B-3	Outstanding goal-setting. Challenges self to maintain personal fitness by using principles of training.	Realstic goal-setting. Challenges self to maintain personal fitness through appropriate levels of frequency, intensity, and duration.	Adequate goal-setting.but inappropriate for fitness level.	Little or no evidence of goal-setting or maintenance of personal fitness.