

GRASPS

UNIT: FUNDAMENTALS OF FITNESS

SUBJECT: Physical Education & Health – Grades 5-7

SUMMATIVE ASSIGNMENT:

“Fitness Log” (for Grades 5-7)

ESSENTIAL QUESTION(s):

- What does it mean to be fit?

G R A S P S	
Goal	<p>Goal:</p> <p>You will create a chart that depicts your fitness progression over the course of grades 5-7. (Grade 4’s may do this, but it may be more developmentally appropriate to begin this chart for kids who have already begun the puberty process.)</p>
Role	<p>Role:</p> <p>Yourself.</p>
Audience	<p>Audience:</p> <p>Your future self, who will be able to look at the progress made over these important years.</p>
Situation	<p>Situation:</p> <p>N/A.</p>

Performance or Product	<p>Performance or Product:</p> <p>Fitness log (see Resources for example that may be used).</p>
Standards	<p>Standards:</p> <p>Students will be asked to self-evaluate their level of effort, [LPE] for each fitness test, and reflect honestly in an evaluation at the end of each year. Students will be expected to create future goals for themselves that follow the SMART principle (specific, measurable, attainable, realistic, time required).</p>
Differentiation	<p>Differentiation:</p> <p>Separate test settings may be required for students with anxiety, and modified versions of the exercises may be needed (i.e. Modified push-ups, wall push-ups, squats using a fitball on a wall, a bar to hold while doing lunges).</p> <p>The summative portion of this performance task may take various forms: a chart in math class that depicts progression, a fitness program designed by each student to address fitness deficits, a reflective piece that addresses the other aspects of wellness that may impact an individual's ability to progress in their level of fitness (positive influence or negative influence).</p>