

| 1. Classroom Context |  |  |  |  |  |
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| 1a. Name | Suzann Goldsmith | 1b. School | Harris High School | 1c. District | Harris School <br> District |
| 1d. Class/ <br> Course Title | Physical Education | 1e. Grade <br> Level | $9-12$ | 1f. Total \# of <br> Students | 70 |
| 1.. Typical <br> Class Size | 20 | 1h. Class <br> Frequency | Every day for one <br> quarter | 1i. Typical <br> Class Duration | 45 minutes |

## 2. SLO Goal

| 2a. Goal Statement | Participation in physical activity impacts wellness throughout a lifetime. |
| :---: | :---: |
| 2b. PA Standards | 10.4.9.A: Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goal. <br> 10.4.9.B: Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. <br> 10.4.9.C: Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. <br> 10.4.9.D: Analyze factors that affect physical activity preferences of adolescents. |
| 2c. Rationale | Developing a solid foundation of knowledge and skills is necessary to lead a healthy lifestyle. |

## 3. Performance Measures (PM)

|    <br> 3a. $\bullet$ $\mathbf{P}$ <br> Name  $\underline{R}$ <br>   $P$ | - PM \#1: Physical Activity Student Log and Reflection Task <br> - PM \#2: My Personal Fitness | District-designed Measures and Examinations Nationally Recognized Standardized Tests Industry Certification Examinations Student Projects <br> Student Portfolios Other: $\qquad$ |  |
| :---: | :---: | :---: | :---: |
|  $\bullet$ $\mathbf{P}$ <br>   $\underline{a}$ <br> 3c.   <br> Purpose  F <br>  $\bullet$ $\mathbf{P}$ <br>   P | PM \#1: See Physical Activity Student Log and Reflection Performance Task Framework <br> PM \#2: See My Personal Fitness Performance Task Framework |  $\square$ Growt <br> 3d. acros <br> Metric Maste <br> achie <br>  <br>  <br>  <br>  <br> Growth | (change in student performance wo or more points in time) (attainment of a defined level of ment) and Mastery |
| 3 e. <br> Administration <br> Frequency | - PM \#1: Physical Activity Student Log and Reflection $4^{\text {th }} 9$-week grading period <br> - PM \#2: My Personal Fitness $2^{\text {nd }} 9$-week grading period | $3 f$. <br> Adaptations/ Accommodations | $\square$ IEP $\square$ Gifted IEP <br> $\square$ ELL $\square$ OtherAccommodations will be afforded <br> based on IEP, ELL, and 504 plans. |


| 3g. <br> Resources/ Equipment | - PM \#1: Physical Activity Student Log and Reflection Personal Fitness Activity Participation Log or Journal Form; rubric <br> - PM \#2: My Personal Fitness Student portfolio, rubric | 3h. Scoring Tools | - PM \#1: Physical Activity Student Log and Reflection rubric <br> - PM \#2: My Personal Fitness rubric |
| :---: | :---: | :---: | :---: |
| $3 i$. <br> Administration \& Scoring Personnel | - PM \#1: Physical Activity Student Log and Reflection Certified physical education teacher will administer and score all performance tasks. <br> - PM \#2: My Personal Fitness Certified physical education teacher will administer and score all performance tasks. | 3j. <br> Performance <br> Reporting | - PM \#1: Physical Activity Student Log and Reflection Scores for all students will be reported in a summary report. Individual students will receive a scored rubric. <br> - PM \#2: My Personal Fitness Scores for all students will be reported in a summary report. Individual students will receive a |

## 4. Performance Indicators (PI)

| 4a. <br> PI Targets: <br> All Student Group | - PI Target \#1 <br> Achieve Level or Level 3 in all three dimension of the Physical Activity Student Log and Reflection Task rubric. <br> - PI Target \#2 <br> Achieve Advanced or Proficient in all five criteria of the My Personal Fitness rubric. |  |  |
| :---: | :---: | :---: | :---: |
| 4b. <br> PI Targets: <br> Focused Student Group (optional) |  |  |  |
| 4c. <br> PI Linked (optional) | 4d. PI Weighting (optional) | PI <br> $\# 1$ <br> $\# 2$ | Weight |


| 5. Elective Rating |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 5a. Level | Failing <br> $0 \%$ to $69 \%$ of students will meet the PI targets. | Needs Improvement $70 \%$ to $84 \%$ of students will meet the PI targets. | Proficient <br> $85 \%$ to $94 \%$ of students will meet the PI targets. | Distinguished <br> $95 \%$ to $100 \%$ of students will meet the PI targets. |

Teacher Signature $\qquad$ Date $\qquad$ Evaluator Signature $\qquad$ Date $\qquad$

| 5b. Rating | $\square$ Distinguished (3) |
| :--- | :--- |
|  | Proficient (2) <br> $\square$ <br> Needs Improvement (1) <br> $\square$ |
|  | Failing (0) |

## Notes/Explanation

Teacher Signature $\qquad$ Date $\qquad$ Evaluator Signature $\qquad$ Date $\qquad$

## PERFORMANCE TASK FRAMEWORK

This template is used to organize performance tasks used in the SLO process.
Performance Measure

| a. | Performance Measure Name | $\underline{\text { Physical Activity Student Log and Reflection }}$ |  |  |
| :---: | :---: | :---: | :---: | :---: |
| SLO Alignment |  |  |  |  |
| b. | Class/Course Title | Physical Education | Grade(s)/ <br> Level | 9-12 |
| d. | PA Standards | 10.4.9.A: Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goal. <br> 10.4.9.C: Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. |  |  |
| e. | Performance Measure Purpose | The Physical Activity Student Log and Reflection performance task is designed to evaluate student's knowledge and application of health-related fitness components. |  |  |
| 1. Administration (Teacher) |  |  |  |  |
| 1a. | Administration Frequency | $4^{\text {th }} 9$-week grading period |  |  |
| 1b. | Unique Task Adaptations/ Accommodations | Accommodations will be afforded based on IEP, ELL, and 504 plans. |  |  |
| 1c. | Resources/ <br> Equipment | Personal Fitness Activity Participation Log or Journal Form; rubric |  |  |
| 2. Process (Student) |  |  |  |  |
| 2 a. | Task Scenarios | Students will complete a weekly log indicating their participation in physical activity both during and outside of school. |  |  |
| 2 b . | Process Steps | 1. Using the Personal Fitness Activity Participation Log or Journal Form, students document weekly physical activity including the following: <br> - number of minutes per day for each activity <br> - type of activity and the intensity level <br> - location of the completed physical activity and associated cost (if any) <br> - how it felt to participate in the activity <br> - reasons for missed days <br> 2. Students discuss the following: <br> - why participation in regular physical activity is important to a healthy lifestyle <br> - if he/she completed the assignment <br> - motivational factors for participating <br> - obstacles encountered <br> - activities enjoyed most and least |  |  |
| 2 c . | Requirements | Enrollment in the course |  |  |
| 2d. | Products | Completed Personal Fitness Activity Participation Log or Journal Form |  |  |
| 3. Scoring (Teacher) |  |  |  |  |
| 3a. | Scoring Tools | Personal Physical Activity Student Log and Reflection Rubric |  |  |

## Personal Physical Activity Student Log and Reflection Rubric

|  |  | Met the goal of 60 minutes or more of activity per day on at least 6 days per week. Gradually increased <br> activity time and reached the goal by the end of the 12 week period. Activities involved a balance of <br> moderate and high intensity levels. Participated in physical activity outside of school. Participated in activity <br> on at least one weekend day. |
| :--- | :--- | :--- | :--- | :--- |

3b. Scoring Guidelines Certified physical education teacher will use the rubric to score the student's activity log.
3c. Score/Performance
Scores for all students will be reported in a summary report. Individual students will receive a scored rubric.

## PERFORMANCE TASK FRAMEWORK

This template is used to organize performance tasks used in the SLO process.

| Performance Measure |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| a. | Performance Measure Name | My Personal Fitness |  |  |  |
| SLO Alignment |  |  |  |  |  |
| b. | Class/Course Title | Physical Education |  | Grade(s)/ Level | 9-12 |
| d. | PA Standards | 10.4.9.B: Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. <br> 10.4.9.D: Analyze factors that affect physical activity preferences of adolescents. |  |  |  |
| e. | Performance <br> Measure Purpose | The My Personal Fitness performance task is designed to evaluate student's knowledge of the principles, components, and practices of health-related physical fitness as they relate to a variety of physical activities. |  |  |  |
| 1. Administration (Teacher) |  |  |  |  |  |
| 1a. | Administration Frequency | $2^{\text {nd }} 9$-week grading period |  |  |  |
| 1b. | Unique Task Adaptations/ Accommodations | Accommodations will be afforded based on IEP, ELL, and 504 plans. |  |  |  |
| 1c. | Resources/ <br> Equipment | Student portfolio, rubric |  |  |  |
| 2. Process (Student) |  |  |  |  |  |
| 2 a. | Task Scenarios | The student will develop a personal fitness portfolio. |  |  |  |
| 2b. | Process Steps | 1. Students will evaluate and interpret the results of their fitness assessment. <br> 2. Students will develop goals for improving and/or maintaining fitness levels. <br> 3. Students will utilize health-related activities to improve or maintain cardiovascular endurance, flexibility, muscular strength, and muscular endurance. <br> 4. Students will apply specificity, overload and progression as it applies to the development and maintenance of health-related fitness. <br> 5. Students will apply the FITT principles to the chosen physical activities for each component of health-related fitness. |  |  |  |
| 2 c . | Requirements | Enrollment in the course |  |  |  |
| 2d. | Products | Student portfolio |  |  |  |
| 3. Scoring (Teacher) |  |  |  |  |  |
| 3 a . | Scoring Tools | My Personal Fitness rubric |  |  |  |

My Personal Fitness Rubric

| Level | Criteria |  |  |  |  |
| :---: | :--- | :--- | :--- | :--- | :--- |
| Advanced | $\begin{array}{l}\text { Evaluation of } \\ \text { Current Fitness } \\ \text { Level }\end{array}$ | Fitness Goals | Fitness Plan | Fitness Schedule | $\begin{array}{l}\text { Barriers and } \\ \text { Helpers }\end{array}$ |
| $\begin{array}{l}\text { Provides a specific } \\ \text { explain the to } \\ \text { student's current } \\ \text { performance on } \\ \text { each aspect of the } \\ \text { fitness assessment. }\end{array}$ | $\begin{array}{l}\text { Provides a specific, } \\ \text { measureable, } \\ \text { achievable, } \\ \text { realistic, and timely } \\ \text { goal for each } \\ \text { component based } \\ \text { on student's current } \\ \text { level of fitness. }\end{array}$ | $\begin{array}{l}\text { Provides exercises/ } \\ \text { activities from chosen/ } \\ \text { current unit that would } \\ \text { enhance the aligned } \\ \text { fitness component. } \\ \text { The plan demonstrates } \\ \text { a clear application of } \\ \text { the FITT training } \\ \text { principles. }\end{array}$ | $\begin{array}{l}\text { Provides a time } \\ \text { schedule to } \\ \text { implement an } \\ \text { exercise plan } \\ \text { using the chosen } \\ \text { activity. }\end{array}$ | $\begin{array}{l}\text { Identifies barriers } \\ \text { and helpers to } \\ \text { implementing the } \\ \text { fitness program and } \\ \text { provides suggestions } \\ \text { for overcoming } \\ \text { barriers and }\end{array}$ |  |
| enhancing helpers. |  |  |  |  |  |$\}$

3b. Scoring Guidelines
3c.
Score/Performance Reporting

The My Personal Fitness rubric will be given to students at the beginning of the project. Certified physical education teacher will administer and score all performance tasks.
Scores for all students will be reported in a summary report. Individual students will receive a scored rubric.

