

Class: Physical Education I

Essential Standard: Standard 1 - Health and Skill Related Fitness Components

4.0 – In-depth Applications	I know I can because:
<p>I have an in-depth understanding of the expected knowledge and skills and can show my expertise by using it to problem solve and think critically, such as:</p> <ul style="list-style-type: none"><input type="checkbox"/> Applying concepts of the health related and skill related fitness components and how they affect performance in athletics, activities, and/or everyday living.	
3.0 – Expected Knowledge and Skills	
<p>I can...</p> <ul style="list-style-type: none"><input type="checkbox"/> Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness<input type="checkbox"/> Explain how the components can be measured;<input type="checkbox"/> Compare/contrast the two types of components.	
2.0 – Foundational Knowledge and Skills	
<p>I can...</p> <ul style="list-style-type: none"><input type="checkbox"/> List and define/explain the health and skill related fitness components.	