**Personal Fitness**

I can evaluate my fitness based on gender and age health physical fitness standards.

I can analyze the relationship between physical activities to calorie expenditure

I can create a physical activity plan that includes aerobic, anaerobic, interval, and circuit training based on my goals.

**Shooting**

I can integrate increasingly complex discipline-specific knowledge using air resistance, trajectory and projection with the skill of shooting using hands or feet.

I can analyze fundamental shooting skills.

I can use my knowledge of physics and biomechanics to refine shooting skills using a basketball or soccer ball.

I can analyze various scenarios to determine appropriate response that best demonstrated good sportsmanship.

**Dribbling**

I can integrate increasingly complex discipline-specific knowledge using air resistance, trajectory and projection with the skill of shooting using hands or feet.

I can analyze fundamental shooting skills.

I can use my knowledge of physics and biomechanics to refine shooting skills using a basketball or soccer ball.

I can analyze various scenarios to determine appropriate response that best demonstrated good sportsmanship.

**Rhythmic Activities**

I can use a variety of movement combinations in rhythmic activities and keep to the beat of the music.

I can compare and do a peer observation to identify evidence of critical elements included in a skill performance using a rubric.

I can work together with a partner or group to develop a rhythmic routine.

**Individual and Team Strategies**

I can identify various scientific principles and describe how these principles apply to movement.

I can identify important parts included in skill performance

I can use complex movement concepts to refine and build new skills.

**Striking with implements**

I can perform complex combinations of skills in different games and activities.

I can combine different striking skills and movement skills during a small sided game.

I can analyze a variety of situations to make the safe and ethical decision.

**Striking with feet**

I can strike the ball, passing w/ feet, to both stationary and moving targets in a game.

I can identify movement concepts and principles and critical elements of activity using peer observations.

I will develop cooperation skills to accomplish group goals.

**Striking with accuracy and distance**

I can perform complex combinations of skills in different games and activities.

I can combine different striking skills and movement skills during a small sided game.

I can analyze a variety of situations to make the safe and ethical decision.