


## General Outcome B: Benefits of Health



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

<b>CRITERIA</b> <b>Specific Outcome</b>	<b>Excellent</b> <b>(Consistently)</b>	<b>Proficient</b> <b>(Frequently)</b>	<b>Adequate</b> <b>(Occasionally)</b>	<b>Limited</b> <b>(Rarely)</b>
 <b>Functional Fitness</b>  <b>B-3</b>	Outstanding goal-setting. Challenges self to maintain personal fitness by using principles of training.	Realistic 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.