

# **Ohio Physical Education Assessments**

## **Standard 3**

Participates regularly in physical activity.

### **Grade Bands: 6–8**

#### **Benchmark B**

**Benchmark B:** Create and monitor a personal plan for physical activity.

**Task:** Physical Activity Plan

Based on the data collected from Benchmark A, for Benchmark B students will develop and implement a one-week plan to address their physical activity goals.

The plan will include details of:

- Physical activity goals;
- Specific daily physical activities to accomplish the goals;
- Written evaluation of how well the plan helped meet the physical activity goals.

**Physical Activity Goals: I will be physically active for 60 minutes per day by participating in moderate to vigorous physical activities in each of the categories:**

**Everyday Activity Goals:**

Current Activities:	Possible Activities:	My Plan:

**Recreational Activity Goals:**

Current Activities:	Possible Activities:	My Plan:

**Aerobic Exercise Goals:**

Current Activities:	Possible Activities:	My Plan:

Strength and Flexibility Goals:		
Current Activities:	Possible Activities:	My Plan:
Leisure and Playtime Goals:		
Current Activities:	Possible Activities:	My Plan:

**Directions:** Complete the schedule to accumulate 60 minutes of physical activity each day. Use the information from My Plan and Possible Activities section of the previous table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What Activities?							
Where?							
Start Time							
End Time							
Total Minutes							

Evaluation of Plan:

1.What was successful about your plan? What helped you achieve your physical activity goals?

2.What was challenging about meeting your physical activity goals or implementing your plan?

3.What would you change about your plan?

Level	Criteria
<b>Advanced</b>	The physical activity plan contains realistic and measureable goals, appropriate activities to accomplish the goals and a realistic schedule. Provides specific and detailed evaluation of the successes and challenges associated with implementing the plan. Provides appropriate modifications to the plan.
<b>Proficient</b>	The physical activity plan contains goals, activities to accomplish the goals and an evaluation of how the activity plan helped.
<b>Limited</b>	The physical activity plan does not contain goals, activities to accomplish the goals or an evaluation of how the activity plan helped.

See excel sheets for data collection.