

Ohio Physical Education Assessments

Standard 3

Participates regularly in physical activity.

Grade Bands: 6–8

Benchmark A

Benchmark A: Engage in regular physical activity inside and outside of school to meet national recommendations for daily physical activity.

Task: Physical Activity Recall

Students will recall the amount of physical activity completed over the course of a seven-day week (including weekends). Each student receives a copy of the physical activity pyramid worksheet. Students will refer to the pyramid to identify possible physical activities.

Task 1: Within the pyramid, the student will identify the different types of activities completed. Check the box (es) for the day of the week the student participated in the type of activity.

Task 2: On the table below the pyramid, students will identify the intensity level of the daily physical activities. In each block, students will record an L, M or V representing the intensity (Light, Moderate or Vigorous) of the activity. Each block represents 10 minutes of physical activity. For example, a student went for a 20-minute jog on Tuesday. The student will place a V in two boxes to represent 20 minutes of vigorous physical activity. Physical activity can be accumulated both in-school and after-school.

The task could be completed:

1. As a class activity in Physical Education.
2. As a take-home activity to be returned with a parent/guardian signature.
3. As a classroom activity to be monitored by the class teacher.

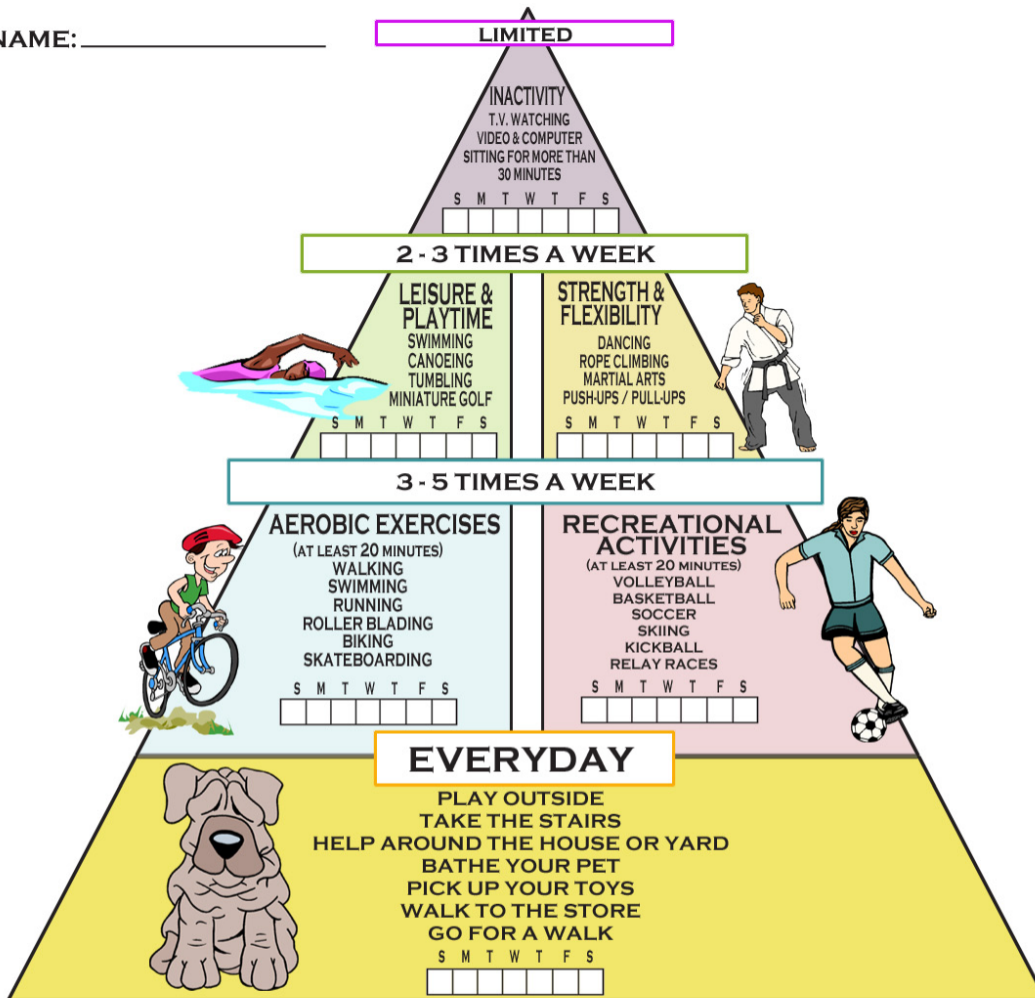
Goals specified in the physical activity are to:

1. Cut down on sedentary behaviors such as watching TV and playing computer games for more than 30 minutes (0 days of the week).

2. Engage in leisure/playtime and strength/flexibility activities on two to three days of the week.
3. Engage in aerobic and recreational activities on four to five days of the week.
4. Engage in healthy daily activities (e.g., taking stairs, dog walking) on every day of the week).

OHIO PHYSICAL EDUCATION ASSESSMENT STANDARD 3 BENCHMARK A GRADEBAND: 3-5, 6-8, 9-12

NAME: _____



**HAVE FUN, BE ACTIVE EACH DAY FOR 60 MINUTES.
COLOR IN ONE SQUARE FOR EVERY 10 MINUTES OF ACTIVITY...**

S									
M									
T									
W									
T									
F									
S									

Level	Criteria
Advanced	<p>Student exceeds 60 minutes of moderate to vigorous daily physical activity and meets the goals in all categories (excluding inactivity) within the physical activity pyramid:</p> <ul style="list-style-type: none"> • Engage in leisure/playtime and strength/flexibility activities on two to three days of the week. • Engage in aerobic and recreational activities on four to five days of the week. • Engage in healthy daily activities (e.g., taking stairs, dog walking) on every day of the week.
Proficient	<p>Student accumulates 60 minutes of daily physical activity using different categories within the physical activity pyramid (excluding the inactivity category).</p>
Limited	<p>Student does not accumulate 60 minutes of daily physical activity.</p>

See excel sheets for data collection.

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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:
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Recreational Activity Goals:

Current Activities:	Possible Activities:	My Plan:
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Aerobic Exercise Goals:

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

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

Current Activities:	Possible Activities:	My Plan:
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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
Advanced	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.
Proficient	The physical activity plan contains goals, activities to accomplish the goals and an evaluation of how the activity plan helped.
Limited	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.