



Hockey Grade 9 Fitness (FT)					
Outcome		1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I <b>achieve the outcome.</b>	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
<b>HFT 9.1 Health-Related Fitness</b>  <b>I can examine and apply the principles of training to personal action plans that</b> <ul style="list-style-type: none"> <li>include daily moderate to vigorous movement activity and</li> <li>focus on the improvement and/or maintenance of components of health-related fitness I have chosen.</li> </ul>	Principles of training	<ul style="list-style-type: none"> <li>With <b>extensive guidance</b>, I apply <b>some</b> of the principles of training to my fitness plan.</li> </ul>	<ul style="list-style-type: none"> <li>I apply <b>some</b> of the principles of training to my fitness plan.</li> </ul>	<ul style="list-style-type: none"> <li>I apply <b>all</b> the principles of training to my fitness plan.</li> </ul>	<ul style="list-style-type: none"> <li>I apply <b>all</b> the principles of training to my fitness plan, and I <b>can explain the reasons for my choices.</b></li> </ul>
	Manage a personal fitness plan	<ul style="list-style-type: none"> <li>I have incorporated significantly less than <b>30 minutes of moderate to vigorous activity</b> on a daily basis in my plan.</li> </ul>	<ul style="list-style-type: none"> <li>I am approaching <b>30 minutes of moderate to vigorous activity</b> on a daily basis in my plan.</li> </ul>	<ul style="list-style-type: none"> <li>I have incorporated at <b>least 30 minutes of moderate to vigorous activity</b> on a daily basis in my plan.</li> </ul>	<ul style="list-style-type: none"> <li>I have incorporated at <b>more than 30 minutes of moderate to vigorous activity</b> on a daily basis in my plan.</li> </ul>
		<ul style="list-style-type: none"> <li>With <b>extensive guidance</b>, I provide <b>some evidence</b> that I have implemented <b>parts of</b> my fitness plan.</li> </ul>	<ul style="list-style-type: none"> <li>I provide <b>some evidence</b> that I have implemented <b>parts of</b> my fitness plan.</li> </ul>	<ul style="list-style-type: none"> <li>I provide <b>convincing evidence</b> that I have implemented my fitness plan.</li> </ul>	<ul style="list-style-type: none"> <li>I provide <b>clear, extensive, and convincing evidence</b> that I have implemented my fitness plan</li> </ul>
	Movement activities	<ul style="list-style-type: none"> <li>I <b>need extensive guidance</b> to choose a few activities I like and that support increased fitness and enjoyment to incorporate in my plan.</li> </ul>	<ul style="list-style-type: none"> <li>I choose <b>a few</b> activities I like and that support increased fitness and enjoyment to incorporate in my plan.</li> </ul>	<ul style="list-style-type: none"> <li>I <b>choose several activities I like</b> and that support increased fitness and enjoyment to incorporate in my plan.</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>explain why I have chosen certain activities</b> I like and that support increased fitness and enjoyment to incorporate in my plan</li> </ul>
Evaluate and revise plan	<ul style="list-style-type: none"> <li>With <b>extensive support</b>, I can compare my personal fitness performance on appraisals to previous results and credible</li> </ul>	<ul style="list-style-type: none"> <li>I can <b>compare my personal fitness performance on appraisals to previous results</b> and credible fitness standards.</li> </ul>	<ul style="list-style-type: none"> <li>I can compare my personal fitness performance on appraisals to previous results and credible fitness standards, <b>and</b></li> </ul>	<ul style="list-style-type: none"> <li>I can compare my personal fitness performance on appraisals to previous results and credible fitness standards, <b>revise</b></li> </ul>	



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		fitness standards.		<b>revise my goals with that data in mind.</b>	<b>my goals with that data in mind, and explain my decisions.</b>
		<ul style="list-style-type: none"> <li>• <b>With extensive guidance,</b> I assess my fitness plan <b>OR</b> that of others.</li> </ul>	<ul style="list-style-type: none"> <li>• I assess my fitness plan <b>OR</b> that of others.</li> </ul>	<ul style="list-style-type: none"> <li>• I assess my fitness plan <b>AND</b> that of others.</li> </ul>	<ul style="list-style-type: none"> <li>• I <b>compare</b> my fitness plan to that of others to obtain feedback for improvement.</li> </ul>
Comments					