

## HEALTH-RELATED FITNESS ACTIVITIES

### Performance Standard 20B.B

Demonstrate an exercise that increases health-related fitness accordingly:

- *Knowledge*: Know the terms and concepts for the exercises that match health-related fitness components.
- *Performance*: Perform the exercises that match health-related fitness components.
- *Explanation*: Explain how the exercise increases health-related fitness.

### Procedures

1. *In order to assess individual fitness levels (20B)*, students should experience sufficient learning opportunities to develop the following:

- Following instruction, students will be able to identify and participate in health-related fitness activities.

Note: Explain and discuss the health-related fitness components and the immediate effects of exercise. Provide sufficient opportunities for students to participate in health-related fitness activities that will increase heart rate, flexibility, muscular strength, and muscular endurance.

2. Have students review and discuss the assessment task and how the rubric will be used to evaluate their performance.
3. This will be a group activity led by one student at a time.
4. Ask one student from each group to lead his/her group in an exercise that develops one of the areas of health-related fitness. Designate which component of health-related fitness is to be performed. Over time each student should demonstrate all 4 components.
5. All students will demonstrate an exercise in each category, over time. Example: “Mary, lead the class in an exercise that will work on increasing flexibility.” Mary responds, “Hurdle sit” and leads the class in that exercise. Also, have students explain how the exercise increases the health-related fitness component.
6. Evaluate each student’s performance using the “Identifying and Participating in Health-Related Fitness Activities” Rubric as follows:
  - *Knowledge*: Knowledge of the terms and concepts was demonstrated in the explanation dimension of the rubric.
  - *Performance*: Performed the exercises that matched the health-related fitness components correctly.
  - *Explanation*: The explanation was complete and correct, using correct terms and concepts.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- To be determined by the Field Test Team

### Resources

- Gymnasium or open space in which to participate in health-related fitness activities
- Identifying and Participating in Health Related Fitness Activities Checklist

### HEALTH-RELATED FITNESS ACTIVITIES

- Exceeds = 4 components correctly demonstrated
- Meets = 3 components correctly demonstrated
- Approaches = 2 components correctly demonstrated
- Begins = 1 components correctly demonstrated

NAME	KNOWLEDGE/PERFORMANCE/EXPLANATION								SCORE
	Flexibility	Date	Cardio-vascular Endurance	Date	Muscular Endurance	Date	Muscular Strength	Date	
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