

INDIVIDUAL RESPONSIBILITY

Performance Standard 21A.G

Participate in a group fitness enhancing activity to demonstrate personal responsibility, respect and recognition for others, ability to stay on task and need of supervision accordingly:

- *Knowledge:* Know personal responsibility while participating in a group physical activity.
- *Process:* Demonstrate personal responsibility, respect and recognition for others, ability to stay on task and need of supervision while participating in a group physical activity.

Procedures

1. *In order to demonstrate individual responsibility during group physical activity (21A)*, students should experience sufficient learning opportunities to develop the following:
 - Demonstrate individual responsibility during group physical activity.
 - Demonstrate the ability to remain on task when participating in physical activity for a designated period of time.
 - Demonstrate positive behaviors that contribute to the success of a group.
2. Divide students into groups of five of equal fitness ability.
3. Set up a fitness circuit which includes five different fitness challenges. Explain the circuit to students.
4. Give each group a score card.
5. Instruct each group to choose a different student to act as recorder at each station. Explain that the recorder is also the coach/cheerleader.
6. Explain the scoring rubric.
7. Begin each group at a different station.
8. Allow three minutes at each station for the scorer to record the number of exercises or tasks completed by the other four members of the group.
9. Report each group's total score.
10. Evaluate the student who is not competing at that station (the coach/cheerleader/scorer) while students are working at the circuit.
11. Evaluate each student's performance using the "Individual Responsibility" Rubric as follows:
 - *Knowledge:* The knowledge dimension was demonstrated in the performance.
 - *Process:* Demonstrated all five components of rubric completely.

Examples of Student Work

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

Time Requirements

- One class period

Resources

- Set the gym up ahead of time for a circuit, using whatever equipment is necessary.
- Sheet to total scores
- Individual Responsibility Rubric

NAME _____

DATE _____

INDIVIDUAL RESPONSIBILITY

- Exceeds = 18 - 20 total points
 Meets = 14 - 17 total points
 Approaches = 10 - 13 total points
 Begins = 1 - 9 total points

	Gives recognition to others	Responsibilities	Respect for others	On task	Supervision
4	<ul style="list-style-type: none"> Always uses affirming words about the quality of an individual's or group's work and ability to remain on task. 	<ul style="list-style-type: none"> Knows personal responsibilities and performs all tasks. 	<ul style="list-style-type: none"> Actively listens to others and considers their viewpoints. 	<ul style="list-style-type: none"> Works at a project until completed, without interruption. 	<ul style="list-style-type: none"> Always able to work without teacher supervision.
3	<ul style="list-style-type: none"> Frequently gives verbal support about the quality of the work. 	<ul style="list-style-type: none"> Knows personal responsibilities but does not accomplish all tasks in a timely manner. 	<ul style="list-style-type: none"> Responds to others without interrupting but does not act on others viewpoints. 	<ul style="list-style-type: none"> Works to complete a project but often distracted by external goings-on. 	<ul style="list-style-type: none"> If interested in the project, is able to work without teacher supervision.
2	<ul style="list-style-type: none"> Sometimes gives verbal or non-verbal support for contributions of others. 	<ul style="list-style-type: none"> Needs prompting to be reminded of responsibilities and does not complete all tasks. 	<ul style="list-style-type: none"> Interrupts often and does not consider other's viewpoints. 	<ul style="list-style-type: none"> More concerned with external goings-on, and does not complete task. 	<ul style="list-style-type: none"> Needs frequent teacher supervision to remain working.
1	<ul style="list-style-type: none"> Does not share any positive comments when working with a group or partner. 	<ul style="list-style-type: none"> Refuses to accept responsibility and accomplishes only individual tasks. 	<ul style="list-style-type: none"> Ignores others when they speak. 	<ul style="list-style-type: none"> Does not begin the task, is a distraction to others. 	<ul style="list-style-type: none"> Needs constant teacher supervision to remain working.
Score					