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7th Grade PE Targets 20-21

4.0 Target	3.0 Target	2.0 Target	Tri 1	Tri 2	Tri 3
Physical Fitness					
see rubric	Participate and demonstrate best effort in a variety of physical activities for maintaining or enhancing a healthy lifestyle.	see rubric	X	X	X
see rubric	Apply rules and strategies of a team sport and/or activity	see rubric	X		
see rubric	Design a personal fitness program that includes the FIT principle.	see rubric			X
see rubric	Participate and demonstrate best effort in lifelong fitness activities.	see rubric	X	X	X
Rhythmic Movement					
see rubric	Create a rhythmic movement routine to music following given guidelines.	see rubric		X	