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8th 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	Participate and demonstrate best effort in lifelong fitness activities.	see rubric	X	X	X
see rubric	Apply offensive, defensive and cooperative strategies used during activities, games or sports	see rubric	X		
see rubric	Design a fitness goal using the SMART goal criteria	see rubric			X
Rhythmic Movement					
see rubric	Create a rhythmic movement routine to music following given guidelines.	see rubric		X	