




**Physical Education Department
Grade 10-12 ABC Fit**

Student Name: _____ **Teacher:** _____ **Blk:** _____ **Date:** _____

GRADE 10-12	EMERGING	DEVELOPING	ACQUIRED	ACCOMPLISHED
Aerobic Fitness	Uses more than 3 rest intervals to engage in moderate physical activities for less than 12 minutes	Uses 1-3 rest intervals to engage in moderate to vigorous physical activities for 12 minutes	Engages in vigorous physical activities continuously for 12 minutes eg. skip, hop, jog, dance, fitness circuit, school run, etc.	Engages in vigorous physical activities continuously for 14 minutes
Balance (Stork)	Adjusts body position more than once to achieve the allotted time	Adjusts body position once to achieve the allotted time	Maintains a static body position for 60 seconds	Maintains a static body position for all 3 trials
Core Strength (Basic) 	Uses more than 1 rest interval, to maintain the proper position for the allotted time	Uses 1 rest interval, to maintain the proper position for the allotted time	Maintains the proper position for 60 seconds	Maintains the proper position for 2 trials

Initial Score:	Emerging	Developing	Acquired	Accomplished	Final Score:	Emerging	Developing	Acquired	Accomplished
Aerobic Fitness					Aerobic Fitness				
Balance					Balance				
Core Strength					Core Strength				

Student Fitness Goal:	Student Training Plan:	
		Frequency:
		Intensity:
		Time:
Teacher Comments:	Type:	