




Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Blk: \_\_\_\_\_ Date: \_\_\_\_\_

GRADE 8	EMERGING	DEVELOPING	ACQUIRED	ACCOMPLISHED
<b>Aerobic Fitness</b>	Uses <b>more than 3 rest intervals</b> to engage in <b>moderate</b> physical activities for <b>less than 10 minutes</b>	Uses <b>1-3 rest intervals</b> to engage in <b>moderate to vigorous</b> physical activities for <b>10 minutes</b>	Engages in <b>vigorous</b> physical activities <b>continuously for 10 minutes</b> eg. skip, hop, jog, dance, fitness circuit, school run, etc.	Engages in <b>vigorous</b> physical activities continuously for <b>12 minutes</b>
<b>Balance (Stork)</b>	Adjusts body position <b>more than once</b> to achieve the allotted time	Adjusts body position <b>once</b> to achieve the allotted time	Maintains a static body position for <b>60 seconds</b>	Maintains a static body position for <b>all 3 trials</b>
<b>Core Strength (Basic)</b> 	Uses more than <b>1 rest</b> interval, to maintain the proper position for the allotted time	Uses <b>1 rest</b> interval, to maintain the proper position for the allotted time	Maintains the proper position for <b>60 seconds</b>	Maintains the proper position for <b>2 trials</b>

Initial Score:	Emerging	Developing	Acquired	Accomplished	Final Score:	Emerging	Developing	Acquired	Accomplished
<b>Aerobic Fitness</b>					<b>Aerobic Fitness</b>				
<b>Balance</b>					<b>Balance</b>				
<b>Core Strength</b>					<b>Core Strength</b>				

<b>Student Fitness Goal:</b>   	<b>Student Training Plan:</b>  
	<b>Frequency:</b>  
	<b>Intensity:</b>  
	<b>Time:</b>  
<b>Teacher Comments:</b>   	<b>Type:</b>  