

Grade-Level Outcome

Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)

Assessment Task***Element 5: Implement the Plan***

The assessment for this outcome is a participation log that students maintain for a predetermined length of time. The log contains at least some of the following criteria: Date of activity, location of activity, length of participation, perceived exertion level, warm-up/cool-down activity, and a space for a weekly reflection on how they are feeling about their participation. Students participate in self-selected activities at least 5 times in a 7-day period. Their participation in class counts toward the achievement of the 5 times a week goal. The assessment of the log can be a simple checklist (yes or no) stating that the log was submitted and all parts were completed. If the activities they have selected are inappropriate or data provided in the log seem suspect, you should provide feedback specific to the log. An example of a general rubric is provided below:

Quality of Log Items

- 1 = Log is incomplete with missing data and few or no details provided. Selected activities do not align with fitness goals.
- 2 = Log is complete, but limited detail is provided. No supporting documentation to support perceived exertion score (step count, heart rate monitor, Fitbit, weight and number of repetitions, etc.).
- 3 = Log is complete with specific detail and supporting documentation on perceived exertion (step count, heart rate monitor, Fitbit, weight and number of repetitions, etc.).

If you require a weekly or biweekly reflection, you should provide feedback and encouragement based on students' reflection. For specific details on assessing reflections, see Standard 4. You could also use a rating scale from 1-3 that makes some determination on the quality of the log and reflection. An example is provided below:

Quality of Reflection

- 1 = Reflection only describes the activity without a personal response to the experience. Does not make connection to participation and personal health and wellness.
- 2 = Reflection describes the activity and includes some general comments on personal response to the experience. Indirect connections made to personal health and wellness.
- 3 = Reflection describes the activity, includes detailed and insightful statements on personal response to the experience. Direct connections made to personal health and wellness.

A sample of a participation log is provided here including a category specific to metrics used to document time and/or intensity. This could be such things as step counts, heart rate, Fitbit data, number of laps with times, and number of repetitions with weight. Students identify the metric they are going to use during the planning stage.

In addition, students reflect on their week of activity at the bottom of the form. Each week you provide a writing prompt they reference in their reflection or students simply follow guidelines you have established for reflections as part of the unit. A sample rubric for a participation log with a reflection is provided after the sample log.

The following example is for three days, but the form would continue through a seven-day cycle.

Physical Activity Participation Log

Directions

Fill out the activity log based on your level of activity for the 7-day cycle. Remember to include any of the planned activities from your fitness plan. The form is available online, and you should complete the form within 24 hours after the activity. At the end of the form, reflect on your week of activity by answering the provided prompts.

DAY/DATE	FITNESS COMP.	ACTIVITY(IES) PARTICIPATED IN (TYPE)	INTENSITY (BORG)	TIME	METRIC USED	THR ZONE
Monday May 1	Cardio					
	Strength					
	Endurance					
	Flexibility					
	Warm-up					
	Cool-down					
Tuesday May 2	Cardio					
	Strength					
	Endurance					
	Flexibility					
	Warm-up					
	Cool-down					
Wednesday May 3	Cardio					
	Strength					
	Endurance					
	Flexibility					
	Warm-up					
	Cool-down					
Reflection Prompt 1: My biggest challenges this week were ...						
Reflection Prompt 2: My biggest successes this week were ...						

You provide this document in an electronic format with all 7 days of the week.

Scoring Rubric for a Participation Log With Reflection, Level 1

INDICATOR	DEVELOPING	COMPETENT	PROFICIENT
Documents participation in a timely manner using activity, time, intensity, metric used, and target heart rate.	<ul style="list-style-type: none"> • Components missing in log or not reported • Workouts logged at one time or in bunches outside of 48 hours • Some days skipped or not reported • No metrics reported supporting log 	<ul style="list-style-type: none"> • Online log completed for all components for the week • Workout posted within 48 hours on site • Metrics support participation data • All days included 	<ul style="list-style-type: none"> • Online log completed for all components for the week • Workout posted within 24 hours on site • Multiple metrics support participation data • All days included
Reflections demonstrate a growing insight on the role of physical activity in wellness.	<ul style="list-style-type: none"> • Only one of the prompts addressed • Simple description of the activity • No connection to wellness or fitness made 	<ul style="list-style-type: none"> • Prompts answered with specific examples • Analysis of impact on fitness level • Connects participation to fitness level 	<ul style="list-style-type: none"> • Prompts answered with specific examples • Analysis of impact referenced specific metrics • Connects participation to own wellness