

Name: _____

Block: _____

Fitness – SMART Goals Rubric Term 1

Due: Dec 3, 2019

Curricular Competencies	1 Emerging	2 Developing	3 Proficient	4 Extending
<i>Communicates knowledge of personal fitness & health</i> - answers each question thoroughly - uses detail, insight & thoughtful language specific to their own personal goals around fitness & health this term - effective communication (reader gets a sense the student knows what they want to achieve and how they are going to go about achieving it)				
<i>Identifies and applies strategies to pursue personal healthy-living goals</i> -indicates the realistic work needed for improvement or adaptation of goals -uses information found from classwork or outside research to indicate steps/work needed to achieve these goals				

Hand this rubric back in with your project (your teacher will use it. This is not a self assessment)

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