

Essential Standards Document

Collaborative Team:

Unit #:

Essential Standard (# and full standard):

What is the Learning Target or Essential Question? <i>In student/parent-friendly terms (i.e. "I can..."). There should be multiple targets from 1 standard. There could just be 1 essential question.</i>	What Level of Thinking Does it Involve? <i>Depth of Knowledge (DOK 1-4)</i>	How will you formatively assess this learning target or response to your essential question? <i>Provide or link to a specific formative assessment that shows how you're evaluating students' specific knowledge or skills.</i>
2A I can demonstrate olympic lifts and movement patterns	DOK 3 or 4	Teacher observation and testing results Testing Spreadsheet: https://docs.google.com/spreadsheets/d/1vOrMpLjRpCpamQnrAZli3DMW9k8apPrIL-fDmeIXPBI/edit#gid=799185667
3A I Identify benefits of a physically active lifestyle and its relationship to educational and professional success	DOK 1 or 2	Teacher observation and final exam Final Exam: https://docs.google.com/document/d/1j5PaCCsNxZb18hj8CecCkjlUrtS6wRzriBwkB-vd44Q/edit
4E I demonstrate that I know how to Prevent injury to self and others by utilizing appropriate safety measures in the weight room.	DOK 3 or 4	Teacher observation and final exam Final Exam: https://docs.google.com/document/d/1j5PaCCsNxZb18hj8CecCkjlUrtS6wRzriBwkB-vd44Q/edit