**Healthy Living Goal: *Identify and apply strategies to pursue healthy living goals.***

**Choose a fitness test of a health- related or skill-related component of fitness that you can test, train and retest.**

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| Test Type | Pretest | Goal | Retest |
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| **WHAT** component of fitness do you want to test? | | | |
| **What** physical activities would training for this component of fitness: maintain, benefit or enhance? | | | |
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| **How and Why** will working towards this goal enhance your performance or benefit you in a sport or skill related activity? | | | |
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| HOW ? What is your **strategy** to meet your goal? Outline your Training plan during class or at home? Not mental strategies! Think of the FITT principle, SAID principle, Progressive Overload Principle and Specificity. BE Specific and explain details | | | |
| TRAINING PLAN: What? When? How? How often? How long? How hard? How many? etc | | | |
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| Justify **why** you choose this goal and this plan? Why do you think it is a good choice? Is it a S.M.A.R.T goal? Connect with past experiences and your abilities, and future aspirations. | | | |
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**Reflection:** How would you rate your focus and Interpersonal skills during training opportunities? Be honest! Did you follow your plan? Were you focused? **Interpersonal Skills: Leadership**, **Responsibility: PE strip , attendance**, **Engagement/Accountability/ Work Ethic , Self-Regulation**, **Problem solving/ Decision making, Respect, Listening/ accept constructive feedback**, **Communication**

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Did you meet your goal? Did you enhance your performance? How effective was your plan? Did you apply your strategies? Why or why not? *Avoid generalizations support with facts and details*

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| **Criterion D: Reflecting and Improving Performance** | | | | |
| **(0)** | **Beginning (1-2)** | **Developing (3-4)** | **Accomplished (5-6)** | **Exemplary (7-8)** |
| ***I have not achieved a standard described by any of the descriptors to the right*.** | identify and demonstrate strategies to enhance interpersonal skills    identify goals to enhance performance    outline and summarize performance.  **What** | outline and demonstrate strategies to enhance interpersonal skills    outline goals and apply strategies to enhance performance    describe and summarizes performance.  **Outline What and how** | describe and demonstrate strategies to enhance interpersonal skills    explain goals and apply strategies to enhance performance    explain and evaluate performance.  **Describe what, how or why** | explain and demonstrate strategies to enhance interpersonal skills    develop goals and apply strategies to enhance performance    analyse and evaluate performance.    **Detailed What, How, why** |