

PHYSICAL EDUCATION INSTRUCTIONS FOR DETERMINING BASELINES AND TARGETS FOR 7-12 STUDENTS

1. For each student tested, take their actual score for each test and **assign** it a **Performance Based Rubric** score using the numbers at the top of the Performance Based Rubric (See Attached).

EXAMPLE:

Student A (Boy – 13 yrs. old) performed the following on the 5 fitness components:

Push-ups – 19
Curl-ups – 26
Pacer – 58
Sit & Reach (L) – 7
Sit & Reach (R) – 8

2. Next, **assign** and **add up** the **Performance Based Rubric** scores for all 5 components and divide by 5 to get the students average.

EXAMPLE:

Student A would receive the following points from the **Performance Based Rubric** based on his age:

Push-ups – 6
Curl-ups – 5
Pacer – 6
Sit & Reach (L) – 7
Sit & Reach (R) – 8

Total Score: $32/5 = 6.4$ Average Score

3. Lastly, group each student into a level from – LOW 1 to 4 based on their overall average score (use chart attached) to determine their baseline. You will then write a target for each group from LOW 1 to 4. Your targets may be the same for every student with the same baseline.

EXAMPLE:

Students in the LOW 1 level group will progress to a HIGH 1 level by year's end; Students in the MID 2 level will progress to a LOW 3 level. (The targets you set for each group are completely up to you, but will be approved by your immediate supervisor and should exhibit a responsible level of rigor to them).

NOTE: USING THIS METHOD, TEACHERS WILL ONLY NEED TO DETERMINE 10 TOTAL TARGETS FOR ALL THEIR STUDENTS INSTEAD OF INDIVIDUALLY DETERMINING A TARGET FOR EACH STUDENT THEY SEE, WHICH COULD TOTAL IN THE HUNDREDS.