

### Assessments:

Three assessments will be given during this unit plan, each weighing a different amount. These assessments will be combined at the end of the unit and will total up to 100 points. Example of the different assessments can be found below.

### Psychomotor Domain

*Students will perform various fitness exercises for the upper and lower body (NJCCCS 2.6.4.C.1).*

This assessment will be given on the fourth day of the unit and will be conducted during the warm-up period. Each of the students will individually practice the following exercises: push-ups (regular or modified), sit-ups, jumping jacks, and calf raises. One at a time, the students will come to the side of gymnasium and perform 3 push-ups and 3 sit-ups. The teacher will use the rubric to score the student. This assessment will count for 25 points. The assessment is as follows:

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>Exercise</b>	<b>Poor</b>	<b>Fair</b>	<b>Good</b>	<b>Excellent</b>
<b>PUSH-UPS</b>				
Keeps head up – chin off chest	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Bends both arms at an equal angle	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Keeps core tight throughout	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>SIT-UPS</b>				
Uses stomach muscles – not arms	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Does not lift rear end off ground	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Breaths properly throughout	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

**Cognitive Domain**

*Students will identify the different major muscles of the body and provide exercises which help to increase those muscles (NJCCCS 2.6.4.C.6).*

This assessment will be given on the fifth day of the unit plan and will be conducted in place of a warm-up activity for that day. It will address the material covered on days two and three. This assessment will be worth 50 points. The assessment is as follows:

Name: \_\_\_\_\_  
Ms. Gross

Date: \_\_\_\_\_  
Phys. Ed. – Grade 5

Fitness Quiz (50 points)

Part A: Determine which part of the body the muscles are located in. For muscles in the upper body, write “U” next to it. For muscles in the mid-section of the body, write “M” next to it. For the muscles in the lower body, write “L” next to it.

(30 points)

- |                           |                          |
|---------------------------|--------------------------|
| 1. Pectoralis Major _____ | 6. Abdominals _____      |
| 2. Biceps Femoris _____   | 7. Trapezius _____       |
| 3. Gastrocnemius _____    | 8. Gluteus Maximus _____ |
| 4. Triceps Brachii _____  | 9. Deltoid Muscles _____ |
| 5. Biceps Brachii _____   | 10. Sartorius _____      |

Part B: Name two fitness exercises for each of the following sections of the body. (20 points)

1. Upper Body
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
2. Mid-Section
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
3. Lower Body
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

EXTRA CREDIT: Name various exercise equipment discussed in this class.

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

## Affective Domain

*Students will show enthusiasm when performing fitness activities and exercises (NJCCCS 2.6.4.C.5).*

This assessment will be completed at the conclusion of the unit. The teacher will make notations throughout the unit, based on the students' attitudes, actions, and behaviors. At the completion of the unit, the teacher will refer to his/her notes and circle the number that most closely represents the students' qualities. This assessment will be worth 25 points. The rubric is as follows:

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>Sportsmanship Qualities</b>	<b>Never shows</b>	<b>Rarely shows</b>	<b>Sometimes shows</b>	<b>Always shows</b>
Works cooperatively with others	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Shares equipments with peers	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Displays enthusiasm during activities	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Provides cooperative feedback to peers	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Follows all safety rules closely	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Displays determination to succeed	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>