**Ohio Physical Education Assessments**

**Standard 3**

Participates regularly in physical activity.

**Grade Bands: 9-12**

**Benchmark A**

**Benchmark A:** Engage in regular physical activity inside and outside of school to meet national recommendations for daily physical activity.

**Task:** Physical Activity Recall

Students will recall the amount of physical activity completed over the course of a seven-day week (including weekends). Each student receives a copy of the physical activity pyramid worksheet. Students will refer to the pyramid to identify possible physical activities.

Task 1: Within the pyramid, the student will identify the different types of activities completed. Check the box (es) for the day of the week the student participated in the type of activity.

Task 2: On the table below the pyramid, students will identify the intensity level of the daily physical activities. In each block, students will record either an L, M or V representing the intensity (Light, Moderate or Vigorous) of the activity. Each block represents 10 minutes of physical activity. For example, a student went for a 20-minute jog on Tuesday. The student will place a V in two boxes to represent 20 minutes of vigorous physical activity. Physical activity can be accumulated both in-school and after-school.

The task could be completed:

1. As a class activity in Physical Education.
2. As a take-home activity to be returned with a parent/guardian signature.
3. As a classroom activity to be monitored by the classroom teacher.

Goals specified in the physical activity are to:

1. Cut down on sedentary behaviors such as watching TV and playing computer games for more than 30 minutes (0 days of the week).
2. Engage in leisure/playtime and strength/flexibility activities on two to three days of the week.
3. Engage in aerobic and recreational activities on four to five days of the week.
4. Engage in healthy daily activities (e.g., taking stairs, dog walking) on every day of the week).



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| **Level** | **Criteria** |
| Advanced | Student exceeds 60 minutes of moderate to vigorous daily physical activity and meets the goals in all categories (excluding inactivity) within the physical activity pyramid: * Engage in leisure/playtime and strength/flexibility activities on two to three days of the week.
* Engage in aerobic and recreational activities on four to five days of the week.
* Engage in healthy daily activities (e.g., taking stairs, dog walking) on every day of the week.
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| Proficient | Student accumulates 60 minutes of daily physical activity using different categories within the physical activity pyramid (excluding the inactivity category). |
| Limited | Student does not accumulate 60 minutes of daily physical activity. |

**See excel sheets for data collection.**