**Building a Personal Physical Fitness Plan: Assessments**

|  |  |  |
| --- | --- | --- |
| **Entry-Level** | **Formative** | **Summative** |
|  |  |  |
| **Survey/Brainstorm/Ranking**—What are the benefits to physical activity and personal fitness plans? |  |  |
|  | **Guided Notes (Lesson 1)** |  |
|  | **Webquest (Lesson 2)** |  |
|  | **Group Debate/Discussion**—Which component of fitness is the most important to health and why? |  |
|  | **Graphic Organizer (Lesson 3)**—Components of Fitness/Exercise |  |
|  |  | **Unit Quiz**—Components of Fitness/Muscles/Nutrition |
|  |  | **Presentation**: 1-Month Personal Fitness Plan |