

Movement and Relaxation

S.M.A.R.T. Goal

Part 1: Goal

Name _____

Date _____

Revision _____

Directions: Create a S.M.A.R.T. (specific, measurable, attainable, realistic, and timely) goal for an aspect of your physical fitness that you seek to enhance and directly relates to a personal mind-body fitness Movement Routine.

S.M.A.R.T. Goal

Score A	Highly Proficient	In addition to Score 3.0, in-depth inferences or applications that go beyond what was taught, such as appropriately connect with another concept.	
		Score A-	In addition to Score 3.0 performance, in-depth inferences or applications with partial success
Score B	Proficient	<p>The student will:</p> <ul style="list-style-type: none"> • Create a mind-body fitness goal based on interpretation of personal data and interests that adheres to all aspects of S.M.A.R.T. (<i>SSL-IV.A.</i>) <ul style="list-style-type: none"> - Articulate reasoning for method selection and intended outcome(s) of movement routine (<i>SSL-I.D.</i>) • Support claims and statements with specific evidence (<i>SSL-IV.A.</i>) <p>The student exhibits no major errors or omissions.</p>	
		Score B-	No major errors or omissions regarding the simpler details and processes and partial knowledge of the more complex ideas and processes.
Score C	Developing	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> • Recognizes or recalls specific terminology <ul style="list-style-type: none"> ▪ Mind-body fitness ▪ Yoga ▪ Pilates ▪ Tai Chi Chuan ▪ Qi Kung • Performs basic processes such as <ul style="list-style-type: none"> ▪ Lists reason(s) for selected method(s) ▪ Lists outcome(s) for selected method(s) <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>	
		Score C-	Partial understanding or the simpler details and processes but major errors or omissions regarding the more complex ideas and processes
Score D	Beginning	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes	
		Score F	With help, a partial understanding of some of the simpler details and processes but none of the more complex ideas and processes
Score F	Missing	Even with help, no understanding or skill is demonstrated	