**30% of your DBA grade is from the questions below and fitness log. The other 70% comes from your DBA call with your teacher discussing the answers below and your module understanding for your test readiness.**

**Directions:**

**Steps to Completing this Discussion Based Assessment (DBA)/Project:**

1. Complete the Fitness Log # 5 Worksheet below. Please follow the directions to complete your work and the DBA call with your teacher.

1. Once you have completed the document, please submit your completed assignment in your Edgenuity assignment by clicking “add files” and attaching the completed file.

1. After submitting your DBA assignment, make sure to contact your teacher by phone or email to set up an appointment to complete your DBA phone call.  Have your work with you or open on your computer so that you can reference it while you are explaining.  Be prepared to discuss the work you submitted (process, strategies, difficulties, successes, answers).

1. **Read the Rubric** and think about how you are going to explain your work in your DBA call with your teacher.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Exceeds Expectations | On Target | Developing | Needs Improvement |
| For Up To 70 Points | 60-70 points | 40-59 points | 30-39 points | 0-29 points |
| Discussion via teacher student conference call | Student can converse fluently about the content understanding using appropriate vocabulary. The student is able to answer higher-order thinking questions that require an application of concepts. | Student can discuss the content and answer questions posed by the teacher. Few to no guiding questions needed for student to respond to content questions. Student uses some content vocabulary. Student easily applied understanding of content to answer similar questions. | Student can answer questions about the content with guiding questions. Student needs support using and understanding content vocabulary. Student applied understanding of content to answer similar questions with one or more prompts | Student is unable to answer teacher posed questions and guiding questions. Reteaching of the content is necessary for student to discuss the material or answer similar questions |
|  | Exceeds Expectations | On Target | Developing | Needs Improvement |
| For Up To 30 Points | 25-30 points | 20-24 points | 15-19 points | 0-14 points |
| Accuracy of Work  | 90-100% of the assignment is completed correctly. | Almost all (78-89%) of assignment is completed correctly. | Most (65-77%) of the assignment is completed correctly. | More than 65% of the assignment is completed incorrectly. |

1. Once you completed this step, you will be able to move forward in the course, but you will need to complete your DBA conference call with your teacher before the unit test is unlocked!

**Fitness Log Worksheet**

The learning goal for this project is to understand the benefits of rigorous daily physical activity as it relates to fitness levels, personal wellness, and general well-being in all aspects of student life.  The student will be able to transfer this knowledge for life-long health.

Standards:

 PEPF.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

1. In completing your 5 exercise sessions, you may choose any enjoyable activity that is continuous and rigorous.  For example, could ride your bike, you could take a “boot camp” class, swim laps, play basketball or soccer, and weightlifting sessions.  If you need ideas, just ask your teacher.

1. What is your Target Heart Zone for Exercise that you listed below?  \_\_\_\_\_\_\_\_\_\_\_

1. How did you demonstrate flexibility during your workouts?

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1. What is your plan for next week to increase the intensity of your workouts? (Be specific)

1. You have now completed 7 fitness logs and the Fitnessgram assessment. Create a workout plan for yourself for after you graduate High School.  Use your previous workouts and Fitnessgram data to analyze areas that you need to focus on. Use the FITT principle as a guideline. Be specific in creating your plan so that it fits your individualized needs. Show an example of what 5 days would look like.

1. In 4-5 thoughtful sentences, reflect on how tracking your progress and your fitness activities can help you maintain a healthy lifestyle.