

**PE 441-High School Physical Education Methods
Summative Cognitive Assessment Template
Circuit Training Unit (STUDENT EXAMPLE)**

Description of Student Task:

During the course of this lesson students were introduced to a series of exercises at stations that developed health related physical fitness components (cardio-respiratory endurance, flexibility and muscular strength and endurance.) The stations consisted of the following: Jump Rope, Yoga Plank; Step Ups to 12" Box; Crunches; V Sit Stretching; Jogging Gymnasium Laps; Figure 4 Stretching. At the conclusion of the lesson as a "ticket out the door" activity students are asked to match the exercises performed to the health related fitness component as well as define each of the components.

Scoring Guide Template:

Points	Description
3	Student accurately matches five of the six exercises to the correct health related fitness components in their response.
2	Student accurately matches four of the six exercises to the correct health related fitness component in their response.
1	Student accurately matches three of the six exercises to the correct health related fitness component.

Points	Description
3	Student accurately describes all three of the health related fitness components in their response.
2	Student accurately describes two of the three health related fitness components in their response.
1	Student accurately describes one of the three health related fitness components in their response.

Develop and attach the student handout used for the assessment to this template.

**High School Physical Education
Circuit Training Unit Exam
(Example showing levels of thinking)**

Name: _____

Date/Class Period: _____/_____/_____

Level 1 Questions:

Define each of the following health related fitness components and give and give an example of an exercise that would develop this fitness component from the unit.

Muscular Endurance-

Definition: _____

Example: _____

Flexibility-

Definition: _____

Example: _____

Cardio-Respiratory Endurance-

Definition: _____

Example: _____

Level 2 Questions:

Jim is designing a fitness plan for himself and wants to do circuit training. He chooses the following exercises for his circuit.

Push Ups

Forward Fold Yoga Pose

Sit ups

Jump Rope

Shoulder Stretch

Dips

Step Ups

Jogging in Place

V Sit

Classify each of the exercises into the appropriate category based on the fitness component that is developed by each.

Cardio-Respiratory Endurance	Muscular Endurance	Flexibility

Level 3 Question

Sally wants do design a fitness program to work on her muscular endurance and cardio-respiratory fitness. She has asked you to help with her with this task. She has the time to perform a circuit of eight exercises in her 30 minute workout. **Create** a circuit for Sally that will help her accomplish her goals. Remember in your program you should consider the appropriate sequencing of activities when designing your circuit. **Create a diagram** below that shows the layout of the circuit and lists the exercises to be performed, repetitions/time limits for the program.