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| **Fitness Goal Rubric** | **4** | **3** | **2** | **1** |
| *PE6.1: Create and implement a personal health-related fitness plan targeting the health-related fitness component of cardiovascular endurance that involves setting a goal for improvement and incorporates daily moderate to vigorous movement activity.* | Student fully used the SMART goal strategy to describe their fitness goal. Student included a few specific muscle examples to help them with their goal. Student included 5 exercise examples and described them.  | Student used the SMART goal strategy to describe their fitness goal. Student included 1-2 specific muscle examples to help them with their goal. Student included 4-5 exercise examples, but did not describe them. | Student began to use the SMART goal strategy to describe their fitness goal. Student included limited muscle examples to help them with their goal. Student included less than 4 exercise examples and did not describe them. | Student did not use the SMART goal strategy to describe their fitness goal. Student did not include muscle examples to help them with their goal. Student included 0-1 exercise examples and did not describe them.  |

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