Name/Title: Peer Assessment Fitness Station Performance Checklist (5th grade)

Purpose of Event: To demonstrate understanding of one of the components of fitness and how the F.I.T.T. principle applies to the component.

Suggested Grade Level: 5th

Materials Needed: Tape players, selected music, poster board, markers, paper, pencil, student selected equipment (possibilities: step boxes, small weights, resistance bands, mats, pedometers, heart rate monitors, sit and reach boxes), Checklist, Qualitative Analytic Rubric

Description of Idea

This idea addresses National Standard #4 and #5

In groups of two-three, the students will create a fitness station emphasizing one of the five fitness components (Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition) and describe how the F.I.T.T. principle applies to this component. Upon completion of the design, the stations will be set up throughout the gym and students will teach parents at a PE Parents' Night event.

Students will work in groups of 2-3 to develop a fitness station focusing on one of the five fitness components. Your activity station must include the following:

? A fun, creative activity that will keep participants involved for 2 minutes
? Explanation of the key characteristics of the component
? Explanation of the F.I.T.T. principle
? A fun title for the station
? Easy to follow written directions for activity
? Involvement from all participants in the group

Time Line:
Day #1: Students will draw for a component. There will be two stations studying the same component or ten stations of activity. The students will begin designing their station.

Day #2: Students will continue the work on their station, selecting music, making posters, etc.

Day #3: The students will finalize their station and practice their presentation.

Day #4: Students will present their station activity to two groups, while the remainder of the class observes. Upon completion of the activity at the station, the students in the two groups will assess the activity.

PE Parents' Night (Planned Date): Students will present their information to parents, as the parents rotate through the stations. Digital pictures of each group will be taken at this time.

Grading: The peer assessment will not be graded but will provide direction for preparation for the presentation to the parents. The teacher observation assessment is worth 16 points and is part of the fitness component of the grade, which is worth 10% of the nine-week letter grade.

Checklist
Qualitative Analytic Rubric

Teaching Suggestions:

The teacher could assign the student to take the digital picture taken at the PE Parent Night event and attach it to a page in their journal, and, thereafter record what was happening in the picture and their experience with the event. This could provide for individual points towards the fitness component of the grade.

Submitted by **Jan Bierschbach** Thanks for contributing to PE Central! **Posted on PEC: 11/17/2008**.
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