

# **Application of Fitness Knowledge - Pilates**

4. Students independently record data correctly on a Personal Exercise Data Card. The card includes: 1) a strategy to improve flexibility in terms of the Principles of Exercise and the FITT Formula, 2) the identification of personal flexibility goals, 3) a record of a prior flexibility performance, 4) determination of whether the prior performance met the flexibility goals, 4) a record of the assessment performance, 5) determination of whether the goals were met by the assessment performance, 6) determination of whether the assessment performance met the flexibility goals, 7) the determination of a fitness rating, 8) identification of the appropriate modification(s) that would be necessary to meet the flexibility goals during the next performance.
3. Students complete the exercise data card but show minor errors in recording, applying the Principles of Exercise and/or the FITT Formula for this activity. Students may hesitate or seek confirmation from others when completing the assignment.
2. Students show major errors in completing the exercise data card and/or applying appropriate Principles of Exercise and/or the FITT Formula indicating they need assistance to exercise safely and productively.
1. Students do not complete the exercise data card and/or show little understanding of the Principles of Exercise and/or the FITT Formula for this activity.

# **Application of Skills - Pilates -**

4. Students appropriately select and safely set up equipment (if necessary). Students demonstrate the correct technique for all movements (e.g., footwork, leg and arm action, balance) throughout the routine with few, if any, observable errors in technique. Movements are decisive, timing and rhythm are on beat, and transitions are smooth. Students respond correctly to cues and demonstration and can perform the routine correctly with verbal cues only.
3. Students appropriately select and safely set up equipment (if necessary). Students demonstrate correct movements throughout the routine with minor errors in technique, rhythm, timing and/or transitions. Students are able to recognize their errors and return quickly to the correct movement pattern independently or by seeking confirmation for the movement from others.
2. Students select and safely set up equipment (if necessary). Students perform some movements correctly but make errors causing major breaks in the routine and show difficulty resuming the routine. Students may perform the routine unaware of errors. Performance is ineffective and inconsistent.
1. Students may select and set up equipment inappropriately. Students attempt the routine but are unable to follow it correctly. Technique, rhythm, timing and/or transitions are not yet sufficient resulting in consistently incorrect or ineffective performance.

# **Personal/Social Responsibility and Safety - Pilates**

4. Students demonstrate high intensity, self-direction, and attention to detail both in the routine and in completing the Personal Exercise Data Card. Students participate energetically and safely demonstrating self-control and respect for the positive and safe experience of others. Students challenge themselves and others to high levels of performance.
3. Students participate energetically and safely, demonstrating self-control and respect for others.
2. Students participate safely, demonstrating self-control and respect for others, but are inconsistent in energy.
1. Students lack self-control at times and/or need reminders and encouragement from others to participate in a safe, energetic, and/or respectful manner.