

# Physical Fitness Activities and Knowledge

## Activities, 3-5

<b>Beginning</b> 1	I always need assistance understanding the safety rules, game rules, scoring, boundaries and game strategies of the activity.
<b>Developing</b> 2	I sometimes need assistance understanding the safety rules, game rules, scoring, boundaries and game strategies of the activity.
<b>Applying</b> 3	I consistently understand the safety rules, game rules, scoring, boundaries and game strategies of the activity.
<b>Innovating</b> 4	I always understand the safety rules, game rules, scoring, boundaries and game strategies of the activity. I am able to assist other students in this area of learning.