

Achievement Level	IB Level Descriptor	Student Friendly Descriptors for Workout Unit C: Applying and performing i. Demonstrate and apply a range of skills and techniques
0	The student does not reach a standard described by any of the descriptors below.	Did not provide enough evidence to score
1-2	The student: i. demonstrates and applies skills and techniques with limited success	The student: i. adequately describes what their workout will be and/or adequately demonstrates portions of the workout.
3-4	The student: i. demonstrates and applies skills and techniques	The student: i. describes what their workout will be using some descriptive words and adequately demonstrates how to do the workout
5-6	The student: i. demonstrates and applies a range of skills and techniques	The student: i. moderately and occasionally describes what their workout will be, identifies which component of fitness they think it focuses on, demonstrates how to do the workout, attempts to make the proper corrections to others' form if necessary
7-8	The student: i. demonstrates and applies a range of complex skills and techniques	The student: i. clearly and consistently describes what their workout will be; correctly identifies the component of fitness it focuses on; correctly demonstrates how to do the workout; makes the proper corrections to others' form if necessary

Score:

Comments: