

# MIDDLE SCHOOL PERFORMANCE INDICATORS

**Performance Indicator One:** Demonstrate competency in modified versions of activities in two movement forms (one from two different activity categories).

**Performance Indicator Two:** Demonstrate knowledge of the five components of fitness and the F.I.T. principle on a written test.

**Performance Indicator Three:** Participate regularly in health enhancing physical activity outside of physical education class.

**Performance Indicator Four:** Meet the gender and age group health related physical fitness standard as described by the National Association for Sport and Physical Education.