

**English Language Arts: Science/Technical Subjects**  
**Reading and Writing Standards**  
**Department: Physical Education**  
**Course: Basic 9-10 PE**

Standard	Application of Standard	Unit	Level	Resources
CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text’s explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Students will read an article for its central idea. (Sportsmanship)	Badminton	9-10	“Central Washington offers the ultimate act of sportsmanship”
CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience’s knowledge of the topic.	Students will produce their own definition of sportsmanship and give personal examples of how they have shown or seen it done in an athletic event.	Badminton	9-10	“Central Washington offers the ultimate act of sportsmanship”

Name \_\_\_\_\_

Scoring Rubric

<b>Standard</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Excellent ability to determine the central idea of the text	Moderate ability to determine the central idea of the text	Acceptable ability to determine the central idea of the text	Limited ability to determine the central idea of the text
CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.	Excellent ability to develop their own definition of sportsmanship	Moderate ability to develop their own definition of sportsmanship	Acceptable ability to develop their own definition of sportsmanship	Limited ability to develop their own definition of sportsmanship
Percentages	100	85	70	55

Score \_\_\_\_\_ Comments: \_\_\_\_\_

Prompt: Using both the sportsmanship article on the Central Washington softball team and your personal experience or observation, write a well-organized paragraph in which you define sportsmanship.

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CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text’s explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Students will read an article for its central idea. (Women and ACL Injuries)	Basketball	9-10	“For Women in Sports, ACL Injuries Take Toll” by Jere Longman, <i>New York Times</i>
CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience’s knowledge of the topic.	Students will summarize their understanding of ACL injuries, the risk factors and how to avoid them.	Basketball	9-10	“For Women in Sports, ACL Injuries Take Toll” by Jere Longman, <i>New York Times</i>

Name \_\_\_\_\_

Scoring Rubric

<b>Standard</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Excellent ability to determine the central idea of the text	Moderate ability to determine the central idea of the text	Acceptable ability to determine the central idea of the text	Limited ability to determine the central idea of the text
CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.	Excellent ability to develop their own discussion of ACL injuries in women	Moderate ability to develop their own discussion of ACL injuries in women	Acceptable ability to develop their own discussion of ACL injuries in women	Limited ability to develop their own discussion of ACL injuries in women
Percentages	100	85	70	55

Score \_\_\_\_\_

Comments: \_\_\_\_\_

Prompt: Using both the article on women in sports and ACL injuries and your personal experience or observation, write a well-organized paragraph in which you discuss the difficulties many women encounter after injuring their ACL and the months of rehabilitation to get back on the court/field, etc.

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<p>CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.</p>	<p>Students will read provided article about educating the whole child and obesity</p>	<p>Fitness</p>	<p>9-10</p>	<p>Reading material provided by teacher</p>
<p>CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p>	<p>Students will share, in a one page response, what they feel is significant and relevant regarding education of the whole child and reducing childhood obesity.</p>	<p>Fitness</p>	<p>9-10</p>	<p>Reading Material provided by teacher</p>

**Prompt:**

Using the article provided please write a one-page response that shares what you feel is significant and relevant regarding education of the whole child and its relationship with reducing childhood obesity.

Name \_\_\_\_\_

Scoring Rubric

Standard	4	3	2	1
	Excellent	Moderate	Acceptable	Limited
CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of the text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Excellent ability to determine the central idea of the text.	Moderate ability to determine the central idea of the text.	Acceptable ability to determine the central idea of the text	Limited ability to determine the central idea of the text
CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.	Excellent ability to develop a response that is significant and relevant regarding education of the whole child and reducing childhood obesity.	Moderate ability to develop a response that is significant and relevant regarding education of the whole child and reducing childhood obesity.	Acceptable ability to develop a response that is significant and relevant regarding education of the whole child and reducing childhood obesity.	Limited ability to develop a response that is significant and relevant regarding education of the whole child and reducing childhood obesity.
Percentages	100	85	70	55

Score \_\_\_\_\_

Comments: \_\_\_\_\_

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<p>CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.</p>	<p>Students will read provided information on health related components of fitness.</p>	<p>CFT Training</p>	<p>9-10</p>	<p>Reading material provided by teacher</p>
<p>CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p>	<p>Students will define each health related component of fitness. Students will provide several examples of each component, and describe exercises that can be performed to improve each component.</p>	<p>CFT Training</p>	<p>9-10</p>	<p>Reading Material provided by teacher</p>

Prompt:

After reading the provided material, please do the following three things:

1. Please define each health-related component of physical fitness
2. Provide several examples of each health-related component of physical fitness
3. Describe exercises that can be performed to improve each component

Name \_\_\_\_\_

Scoring Rubric

Standard	4	3	2	1
	Excellent	Moderate	Acceptable	Limited
CCSS.ELA-Literacy.RST.9-10.2 Determine the central ideas or conclusions of the text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Excellent ability to determine the central idea of the text.	Moderate ability to determine the central idea of the text.	Acceptable ability to determine the central idea of the text	Limited ability to determine the central idea of the text
CCSS.ELA-Literacy.WHST.9-10.2b Develop the topic with well chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.	Excellent ability to define each health related component of fitness, and describe exercises that can be performed to improve each component.	Moderate ability to define each health related component of fitness, and describe exercises that can be performed to improve each component.	Acceptable ability to define each health related component of fitness, and describe exercises that can be performed to improve each component.	Limited ability to define each health related component of fitness, and describe exercises that can be performed to improve each component.
Percentages	100	85	70	55

Score \_\_\_\_\_

Comments: \_\_\_\_\_