

# 6-8 Rigor, Scaffolding, Select & Constructed Response, Score Guide

## Page 1

This PE example is rigorous and accessible using real world examples throughout, is scaffolded effectively by transitioning from selected response to constructed response items, and has a consistent, transparent scoring guide for all appropriate questions. The use of the Socrative application facilitated clean and clear formatting.

Cross Country Test

+ Add Tag

#1

EDIT

↑

↓

A run at about 80-85% of your maximum heart rate or at an RPE of 7 or higher. You run a pace that is "challenging" yet "manageable". (S3.M13.6 -6th grade), (S3.M13.7 -7th grade), (S3.M13.8 -8th grade)

ANSWER CHOICE

Atempo run

Blong run

Cinterval

Dfartlek

Erecovery run

Fladder

[ps://b.socrative.com/teacher/#edit-quiz/21095815](https://b.socrative.com/teacher/#edit-quiz/21095815)

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## Page 2

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#5

EDIT

Explain what static stretching is and give an example. (S3.M9.6 -6th grade), (S3.M9.7 -7th grade), (S3.M9.8 -8th grade)

RUBRIC:

3 = Student provides both the accurate definition and an accurate example of a static stretch.

2 = Student provides a partially accurate definition and an accurate example of a static stretch.

1 = Student provides only one of the following: the accurate definition or an accurate example of a static stretch.

0 = Student does not provide the accurate definition or an accurate example of a static stretch.

### Explanation:

Static stretches are long and gradual that occur while the person is in a stationary position. They are most effective after a running workout when the muscles are warm.

#6

EDIT

Explain when dynamic stretching is most effective and give an example of a dynamic stretch. (S3.M10.8 -8th grade), (S3.M9.7 -7th grade), (S3.M9.6 -6th grade)

RUBRIC:

3 = Student accurately explains the appropriate time to implement dynamic stretches during a workout and an accurate example of a dynamic stretch.

2 = Student explains a partially appropriate time to implement dynamic stretches during a workout and an accurate example of a dynamic stretch.

1 = Student provides only one of the following: an accurate explanation on when to implement dynamic stretches or provides an accurate example of a dynamic stretch.

0 = Student is unable to explain when to implement dynamic stretching or an example of a dynamic stretch.