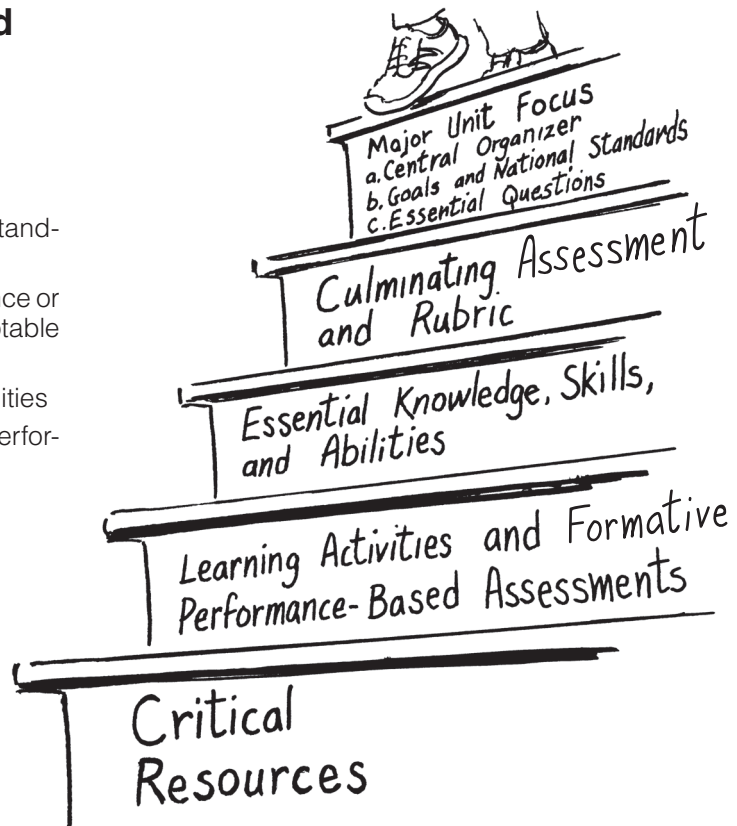


Five-Step, Standards-Based Planning Process

1. Major unit focus
 - a. Central organizer
 - b. Goals and national standards
 - c. Essential questions and understandings
2. Culminating or summative performance or product and evaluation rubric (acceptable evidence)
3. Essential knowledge, skills, and abilities
4. Learning activities and formative performance-based assessments
5. Critical resources



From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020). Based on *Transformations: Kentucky's Curriculum Framework*, vol. 2 (Frankfort: Kentucky Department of Education, 1993), 53-60.