

Daily P.E. Performance Grade

(80% of the trimester grade)

The majority of a student's grade is derived from their daily active participation in the classroom setting. For this reason, students need to actively participate in all class activities to earn credit towards the performance portion of their grade. In order to participate, students need to be dressed appropriately for physical activity, including athletic clothing and footwear. Students can then maximize their daily grade through active participation, engagement in skill development, and demonstration of appropriate social behaviors (respect, sportsmanship, etc.).

5 Points

Demonstrates:

- *Highly active participation, self-motivated.
- *Positive behavior and attitude.
- *Active engagement in skill and fitness development during class.
- *Ability to evaluate and assess strategies and rules associated with the game/activity.

4 Points

Demonstrates:

- *Active participation in class activity, needs no encouragement.
- *Appropriate positive behavior and attitude.
- *Knowledge of the need for active skill acquisition and fitness development.
- *An understanding of the rules and can apply them to the game/activity.

3 Points

Demonstrates:

- *Some participation in class with encouragement.
- *Appropriate behavior or attitude.
- *Some willingness and effort to improving skill and personal fitness levels.
- *An understanding of the rules and the ability to follow some of them in the game/activity.

2 Points

Demonstrates:

- *Engagement in activity for only a short period of time and/or needs frequent encouragement to engage in activity.
- *Appropriate behavior or attitude on an inconsistent basis.
- *Limited willingness to engage in skill and fitness development.
- *Limited understanding of the rules of the game/activity.

1 Point

Demonstrates:

- *Little or no participation despite encouragement.
- *Poor behavior and attitude; disrupts class.
- *No willingness to improve skills or fitness levels.
- *Little or no knowledge of the rules of the game/activity.

P.E. Performance Assessment of Skills

(20% of the trimester grade)

A portion of the trimester grade is based on a performance assessment of particular skills that are covered during the trimester. Points are accumulated from multiple in-class experiences. Rating scales, rubrics, checklists, video assessments, student interviews, questioning, and surveys will be some of the tools used in the assessment process.

5 Points

Demonstrates:

- *Ability to self-assess and peer-assess.
- *Ability to evaluate and provide useful feedback to self and others for skill improvement.
- *Ability to analyze and utilize feedback to foster skill improvement.
- *Ability to utilize time effectively to foster skill improvement.

4 Points

Demonstrates:

- *How to self-assess and peer-assess.
- *How to take information from assessment to provide feedback to self and others for skill improvement.
- *Ability to analyze and utilize feedback to foster skill improvement.
- *Ability at times to utilize time effectively to foster skill improvement.

2 – 3 Points

Demonstrates:

- *Basic knowledge of how to self-assess and assess classmates.
- *Basic knowledge of using information from an assessment to foster skill improvement.
- *Basic knowledge to translate feedback to aid in skill improvement.
- *Some utilization of time to foster skill improvement.

1 Point

Demonstrates:

- *Limited knowledge of how assessments are conducted.
- *Limited use of information received from an assessment to foster skill development.
- *Does not utilize feedback from assessments to assist in skill development.
- *Does not utilize time to foster skill development.

Personal Fitness Assignments/Cognitive Skill Assessment

This portion of the trimester grade is based on the total points of quizzes, assignments, tests, and projects. These may take place in class or as homework assignments outside of class.

Quizzes, assignments, tests, and projects are unique to each quarter and the grading is developed for each of these by the individual teacher.

As an example, a fitness assignment may be graded using the following rubric:

5 Points

Demonstrates:

- *Ability to create a personal fitness plan based on assessment results.
- *Establishes goals for self-improvement.
- *Creates alternative assessments.
- *Active pursuit of this personal fitness plan and follows up with measurement of outcomes.

4 Points

Demonstrates:

- *Ability to create a personal fitness plan.
- *Establishes goals for improvement.
- *Some interest in pursuing their plan and follows up with measurement of outcomes.

2–3 Points

Demonstrates:

- *Creates a fitness plan.
- *Establishes goals.
- *Shows little effort in pursuing, achieving, and measuring outcomes.

1 Point

*Creates a basic plan or no plan at all and shows little or no effort in pursuing, achieving, and measuring outcomes.