


# TEMPLETON SECONDARY PHYSICAL & HEALTH EDUCATION 8/9

## ASSESSMENT RUBRIC - PERFORMANCE STANDARDS

### - FOR STUDENTS -

<b>BIG IDEAS</b>					
	Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.	Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.	Healthy choices influence our physical, emotional, and mental well-being.	Healthy relationship can help us lead rewarding and fulfilling lives.	Advocating for the health and well-being of others connects us to our community.
<b>LEVELS OF ACHIEVEMENT</b>	<b>Extending</b>	<b>Proficient</b>	<b>Developing</b>	<b>Emerging</b>	
<b>STANDARDS</b>	A+ ← A 100% ← 88%	A ← B 87% ← 73%	C+ ← C 72% ← 60%	C - ← I ('In-Progress') 59% ← I	
<b>BEHAVIOUR</b>  <i>Student exhibits responsible personal and social behavior that respects self and others in a physical activity setting</i> <ul style="list-style-type: none"> <li>➤ student actively listens, follows instructions/safety/rules</li> <li>➤ student is cooperative and demonstrates respect for self/others</li> <li>➤ student displays sportsmanship and uses positive and empowering language</li> </ul>	• ALWAYS	• MOSTLY	• SOMETIMES	• BEGINNING ↑ INFREQUENTLY	
<b>LEARNING EFFORT</b>  <i>Student engages in the learning activities that promote health, fitness and contributes to a physically active lifestyle and improved health &amp; wellness</i> <ul style="list-style-type: none"> <li>➤ student puts forth sustained and focused effort through learning tasks</li> <li>➤ student actively participates and engages with a view for ongoing improvement</li> </ul>	• ALWAYS	• MOSTLY	• SOMETIMES	• BEGINNING ↑ INFREQUENTLY	
<b>ATTITUDE</b>  <i>Student identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression, and social interaction</i> <ul style="list-style-type: none"> <li>➤ student works to see the value in and has a positive attitude towards the learning activities</li> <li>➤ student works to engage others through positive social interaction</li> </ul>	• ALWAYS	• MOSTLY	• SOMETIMES	• BEGINNING ↑ INFREQUENTLY	
<b>PHYSICAL FITNESS</b>  <i>Student achieves and maintains a health enhancing level of physical fitness and demonstrates sound physical literacy in fitness tasks</i>	• ALWAYS	• MOSTLY	• SOMETIMES	• BEGINNING ↑ INFREQUENTLY	

<ul style="list-style-type: none"> <li>➤ <i>student can perform physical tasks and fitness skills with proper form/technique</i></li> <li>➤ <i>student is motivated to improve fitness and challenge themselves</i></li> <li>➤ <i>student can sustain physical activity for the majority of the class/task</i></li> </ul>				
<p><b>MOVEMENT SKILLS</b></p> <p><i>Student demonstrates competency and proficiency in motor skills and movement patterns and applies these skills in a variety of physical activity settings</i></p> <ul style="list-style-type: none"> <li>➤ <i>student demonstrates fluency and mastery of fundamental motor skills, movement concepts and sport specific skills</i></li> </ul>	<ul style="list-style-type: none"> <li>• ALWAYS</li> </ul>	<ul style="list-style-type: none"> <li>• MOSTLY</li> </ul>	<ul style="list-style-type: none"> <li>• SOMETIMES</li> </ul>	<p>BEGINNING</p> <p style="text-align: center;">↑</p> <p>INFREQUENTLY</p>
<p><b>KNOWLEDGE</b></p> <p><i>Student demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the development of motor skills, the performance of physical activities, and the contribution to personal health &amp; wellness</i></p> <ul style="list-style-type: none"> <li>➤ <i>student can follow rules, perform skills correctly and make sound decisions during game play</i></li> <li>➤ <i>student can make connections, see patterns, and transfer skills, learning and concepts from activity to activity</i></li> </ul>	<ul style="list-style-type: none"> <li>• ALWAYS</li> </ul>	<ul style="list-style-type: none"> <li>• MOSTLY</li> </ul>	<ul style="list-style-type: none"> <li>• SOMETIMES</li> </ul>	<ul style="list-style-type: none"> <li>• BEGINNING</li> </ul> <p style="text-align: center;">↑</p> <p>INFREQUENTLY</p>