

PE 20/30 UNIT SELF ASSESSMENT

Specific Outcomes	Excellent 10-9	Proficient 8-7	Adequate 6-5	Limited 4-3
A1 Locomotor Skill	The student regularly analyzes, evaluates and modifies locomotor skills to improve personal performance to a high level.	The student often analyzes, evaluates and modifies locomotor skills to improve personal performance to an above average level.	The student sometimes analyzes, evaluates and modifies locomotor skills to improve personal performance to an average level.	The student rarely analyzes, evaluates and modifies locomotor skills to improve personal performance to a limited level.
A3 Non-Locomotor Skill	The student regularly analyzes, evaluates and modifies non-locomotor skills to improve personal performance to a high level.	The student often analyzes, evaluates and modifies non-locomotor skills to improve personal performance to an above average level.	The student sometimes analyzes, evaluates and modifies non-locomotor skills to improve personal performance to an average level.	The student rarely analyzes, evaluates and modifies non-locomotor skills to improve personal performance to a limited level.
A5 Manipulative Skill	The student regularly analyzes, evaluates and modifies manipulative skills to improve personal performance to a high level.	The student often analyzes, evaluates and modifies manipulative skills to improve personal performance to an above average level.	The student sometimes analyzes, evaluates and modifies manipulative skills to improve personal performance to an average level.	The student rarely analyzes, evaluates and modifies manipulative skills to improve personal performance to a limited level.
B2 Fitness and Warm Up	The student regularly demonstrates and assesses a functional level of physical fitness during daily warm up.	The student often demonstrates and assesses a functional level of physical fitness during daily warm up.	The student sometimes demonstrates and assesses a functional level of physical fitness during daily warm up.	The student rarely demonstrates and assesses a functional level of physical fitness during daily warm up.
C1 Communication	The student regularly communicates thoughts and feelings in an appropriate and respectful manner during physical activity	The student often communicates thoughts and feelings in an appropriate and respectful manner during physical activity	The student sometimes communicates thoughts and feelings in an appropriate and respectful manner during physical activity	The student rarely communicates thoughts and feelings in an appropriate and respectful manner during physical activity
C3 Fair Play	The student regularly demonstrates etiquette and fair play.	The student often demonstrates etiquette and fair play.	The student sometimes demonstrates etiquette and fair play.	The student rarely demonstrates etiquette and fair play.
C4 Leadership	The student regularly applies, monitors and assesses leadership and followership skills in class, the school and the community.	The student often applies, monitors and assesses leadership and followership skills in class, the school and the community.	The student sometimes applies, monitors and assesses leadership and followership skills in class, the school and the community.	The student rarely applies, monitors and assesses leadership and followership skills in class, the school and the community.
C5 Teamwork	The student regularly develops and applies practices and behaviors that contribute to teamwork.	The student often develops and applies practices and behaviors that contribute to teamwork.	The student sometimes develops and applies practices and behaviors that contribute to teamwork.	The student rarely develops and applies practices and behaviors that contribute to teamwork.
C6 Respectful Behaviors	The student regularly demonstrates positive behaviors that show respect for self and others.	The student often demonstrates positive behaviors that show respect for self and others.	The student sometimes demonstrates positive behaviors that show respect for self and others.	The student rarely demonstrates positive behaviors that show respect for self and others.
D1 Modeling Active Lifestyle (effort)	The student regularly models an active lifestyle.	The student often models an active lifestyle.	The student sometimes models an active lifestyle.	The student rarely models an active lifestyle.
D3 Safety	The student regularly develops and applies safety standards and rules during class and activities.	The student often develops and applies safety standards and rules during class and activities.	The student sometimes develops and applies safety standards and rules during class and activities.	The student rarely develops and applies safety standards and rules during class and activities.