

PE 9/10 UNIT SELF ASSESSMENT

Specific Outcomes	Excellent - 10/9	Proficient - 8/7	Adequate - 6/5	Limited - 4/3
A1 Locomotor Skill	The student regularly applies and refines locomotor skills to improve personal performance to a high level.	The student often applies and refines locomotor skills to improve personal performance to an above average level.	The student sometimes applies and refines locomotor skills to improve personal performance to an average level.	The student rarely applies and refines locomotor skills to improve personal performance to a limited level.
A3 Non-Locomotor Skill	The student regularly applies and refines non-locomotor skills to improve personal performance to a high level.	The student often applies and refines non-locomotor skills to improve personal performance to an above average level.	The student sometimes applies and refines non-locomotor skills to improve personal performance to an average level.	The student rarely applies and refines non-locomotor skills to improve personal performance to a limited level.
A5 Manipulative Skill	The student regularly applies and refines manipulative skills to improve personal performance to a high level.	The student often applies and refines manipulative skills to improve personal performance to an above average level.	The student sometimes applies and refines manipulative skills to improve personal performance to an average level.	The student rarely applies and refines manipulative skills to improve personal performance to a limited level.
A10 Gameplay Skills	The Student regularly adapts and improves learned skills in game-play situations to a high level	The Student often adapts and improves learned skills in game-play situations to an above average level	The Student sometimes adapts and improves learned skills in game-play situations to an average level	The Student rarely adapts and improves learned skills in game-play situations to a limited level
B2 Fitness and Warm Up	The student regularly demonstrates and assesses a funtional level of physical fitness during daily warm up.	The student often demonstrates and assesses a funtional level of physical fitness during daily warm up.	The student sometimes demonstrates and assesses a funtional level of physical fitness during daily warm up.	The student rarely demonstrates and assesses a funtional 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 student often applies, monitors and assesses leadership and followership skills in class.	The student sometimes applies, monitors and assesses leadership and followership skills in class.	The student rarely applies, monitors and assesses leadership and followership skills in class.
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 Effort	The student models an active lifestyle by regularly participating in class at a high level of intensity.	The student models an active lifestyle by often participating in class at an above average level of intensity.	The student models an active lifestyle by sometimes participating in class at an average level of intensity.	The student models an active lifestyle by rarely participating in class at an limited level of intensity.
D3 Safety	The student regularly applies safety rules and procedures during class and activities.	The student often applies safety rules and procedures during class and activities.	The student sometimes applies safety rules and procedures during class and activities.	The student rarely applies safety rules and procedures during class and activities.