Physical & Health Education

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| Name: | Course: | PHE Teacher: |

Congratulations on the completion of Term 1 in Physical & Health Education 9. I hope you learned some things about yourself throughout the term, as I have learned a lot about each of you!

The time has come to collaboratively assess your progress for the term. Please complete this self-assessment and attach it to your goal setting sheet, work habits sheet, and other assignments completed this term.

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| **Physical Literacy** | **Mastery** | **Expanding** | **Developing** | **Incomplete** |
| Movement Skills  ***(I can run-jump-throw-kick*)**  Fitness Components  ***(cardiovascular endurance, strength, flexibility,******cor*e,** **balance**) | I have demonstrated exemplary movement skills and fitness components in a variety of physical activities. **Student can support others get better.** | I am continuing to practice my movement skills and fitness components with feedback. | I can develop my endurance, strength, flexibility, and movement skills with support and feedback. | I did not attempt to participate in any physical activities this term to develop endurance, strength, flexibility, and movement skills. |
| Game Play strategies  Movement concepts  ***(I can pass/receive, offense/defence, running patterns*)** | **I am really good** at playing games and sports. I can transfer my skills during a **variety** **of physica**l **activities.** | I am practicing game strategies and movement concepts in my PHE classes with feedback. | I need support and adaptations during games. | No attempt to demonstrate and practice game strategies and movement concepts during PE activities. |
| Daily effort  ***(I can actively participate)*** | I can adjust my exertion levels & heart rate to stay in the training zone during **every** PE class. | I am practicing to monitor my personal effort during daily PE class. | I am learning to monitor my exertion level & heart rate with support. | No attempt to demonstrate any practice of monitoring and adjusting exertion levels in daily PE activities. |
| Leadership, fair play, safety, &  Social Responsibility  ***(I can be kind, supportive, and part of a team***) | Evidence shows that they can give **peer suppo**rt to help others improve. **Always** demonstrates safety, fair play, and leadership in all daily PHE classes | I am practicing safety, fair play, and leadership in my daily PHE classes with feedback. | I am beginning to demonstrate safety, fair play, and leadership in my PHE class. | No attempt to demonstrate safety, fair play, and leadership in any PE classes. |
| Preferred physical activities  ***(I can participate in a variety of physical activities)*** | I actively seek opportunities to participate in ALL daily physical activities in a variety of settings during **class and personal time**. | I am practicing a variety of daily physical activities during class with feedback. | I am trying to participate in physical activities with support and prompts. | No evidence of examples of participation actively in a variety of physical activities during class. |
| Goal Setting  ***(I can set goals)*** | My Goals are very SMART. I am practicing and tracking regularly. | My goals are beginning to look like SMART goals and practice is starting. | I need help to set goals and reminders to practice. | No evidence of any goals set |

Based on the above, I determine my snapshot of learning for this term to be: (circle one)

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| **Mastery: A** | **Expanding: B** | **Developing: C+** | **Incomplete: I** |

(Collaborative conversation agreed upon between student and teacher based on the evidence provided throughout the term – observations, self/peer assessment, feedback, and assignments)

Teacher Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_