

Adam Azim
74 Larch Road
no
Cambridge, MA 02138
Birth date: 10/30/2010
Grade level: 8th Grade

2024 - 2025



Cambridge Friends School
5 Cadbury Road
Cambridge, MA 02140
617.354.3880
cambridgefriendsschool.org

8th Grade Physical Education - Angelo Valle

	Gr 8 Fall
Physical Education Skills	
<i>Comes to class prepared and ready to participate</i>	3
<i>Comes to class positive and cooperative</i>	3
<i>Listens attentively and follows directions</i>	2
<i>Demonstrates safe, responsible behavior that respects self and others.</i>	3
<i>Able to run and find their own pace</i>	2
<i>Demonstrates flexibility and coordination</i>	3
<i>Demonstrates developing throwing skills</i>	3
<i>Demonstrates developing catching skills</i>	3
<i>Demonstrates developing striking skills</i>	3
<i>Contributes to group and team initiatives</i>	3
<i>Demonstrates tactical understanding during team games</i>	3
<i>Demonstrates abilities to perform skills relating to specific team units</i>	3
<i>Understands specific terminology related to skills, positioning, and game play</i>	3
<i>Understands sportsmanship as a critical component of physical education</i>	3
<i>Demonstrates sportsmanship during gameplay</i>	3
<i>Able to accept game outcomes</i>	3
<i>Understands the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</i>	3
<i>Receptive to teacher feedback</i>	2
Comments	
Subject description	
In the first semester of Grade 8 Physical Education, we began each class period with a pace run to warm up for the ensuing activities while developing conditioning and endurance. The focus then turned to coordination and flexibility through dynamic movements and stretches to prepare the muscles for activity. Through cooperative games and team-building activities, we focused on team cooperative skills before moving on to the competitive team games of soccer, football, and basketball. Throughout the semester, we worked on developing good sportsmanship and building the physical fitness skills involved in those sports, including kicking, receiving, passing, dribbling, shooting, throwing, catching, changing direction, and responding and reacting.	
Narrative 2024-2025	
Adam has had a strong start to the year. Though sometimes distracted by classmates during instruction, Adam consistently arrives ready to participate in class and puts forth good effort into following classroom routines, starting with the pace run and continuing with the ensuing dynamic stretches and activities. Generally, Adam is supportive of classmates and willing to help others out in whatever way possible. Adam demonstrates improving skills in all aspects of class. Some goals for Adam would be to improve conditioning by putting even more effort into the pace run, to increase strategies to manage moments of frustration when things do not go as desired, including adopting a growth mindset and being more accepting of feedback that is meant to aid learning and improvement.	