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| **What’s an “A” Student?** | **Pillar I**  **Moving & Doing** | | **Pillar II**  **Understanding & Applying** | | **Pillar III**  **Cooperation & Responsibility** | |
| **An “A” student participates in a variety of activities to the best of their ability at all times.**  ----------------------------------  **An “A” student attempts to understand and apply new skills, concepts and ideas. They understand the impact of a lifelong and active lifestyle.**  ----------------------------------  **An “A” student demonstrates personal, cooperative and socially responsible behaviors. Attempts to find a way to enhance the overall experience of everyone in the class.** | **Participates in a variety of activities to the best of their ability at all times.**  **What does this look like?**  ● comes prepared to participate  ● wears appropriate clothing  ● is ready and on time  ● is s a self-starter and actively ready to go  ● gets involved in all activities (warm-up & class)  ● is active and finds ways to be active  ● strives for personal best  ● strives to stay on task | | **Attempts to understand and apply new skills, concepts and ideas. Understands the impact of a lifelong and active lifestyle.**  **What does this look like?**  ● understands and follows instructions  ● understands the task / activity at hand  ● can demonstrate the task / activity individually and with others  ● skill development (personal growth)  ● game / activity setting  ● uses the skills and ideas taught during activities and applies them to the appropriate situations  ● understands and demonstrates the importance of being active  ● understands and demonstrates the importance of trying new activities  ● steps outside their comfort zone | | **Demonstrates personal, cooperative and socially responsible behaviors. Attempts to find a way to enhance the overall experience of everyone in the class.**  **What does this look like?**  ● cares for their personal safety, along with the safety of their classmates  ● uses personal devices at appropriate times (cell phones, iPods, etc.)  ● respects the various personalities and skill sets that exist in the class  ● willingly participates with all their classmates during activities  ● provides opportunities for all to participate  ● considers the views and opinions of others during activities and during disputes  ● promotes and encourages appropriate behavior  ● demonstrates sportsmanship    ● looks to take on a leadership role during the class | |
| **What are your options**  **as a student?** | **Level 1**  **Seldom or Never** | **Level 2**  **Occasionally or Sometimes** | | **Level 3**  **Regularly or Often** | | **Level 4**  **Consistently or Always** |

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| **Pillar IV**  **Reflection & Growth** | | |
| * **ANSWER IN RED** * During PE this year, how have you shown you are prepared and willing to participate in a variety of activities? * On what days / activities have you participated to your best / full effort and why? * What days / activities have been a struggle for you and why?   + What could you possibly do to make these struggles more enjoyable / meaningful? | * How do you contribute to the overall success of our class?   + What kind of attitude do you bring each day and why?   + How do you interact with other students in our class? * Describe your participation during fitness warm-ups / fitness days - have you been able to push yourself physically?   + What types of fitness activities do you enjoy the most?      * + What fitness goals do you have for the year? How are you going to turn these goals into reality? | * What does "leadership" mean to you?   + What leadership opportunities exist for you in this class?   + Who do you think are the best leaders in our class? Why? * What are you the most proud of so far this year in PE? * What improvements would you like to make in PE by the end of the year? * How would you describe your overall performance so far in PE?   + Work Habits   + Self Assessment |