Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**On the second page of this document is our performance rubric we have used in our class to assess your progress in Physical Literacy. Please highlight a box that you feel that fairly evaluates your progress for each category given (movement skills and concepts, etiquette & fair play, perceived exertion, and leadership).**

**On the third page, I would like you to justify why you evaluated yourself for each of those categories. Please provide examples of for each category to support your self-assessment. This should be completed sentence form, and please refer to our PHE website that could help you with the terminology.**

**www.fleetwoodparkphe.weebly.com**

**Example:**

*I gave myself a B in leadership because I consistently help with set up and take down of the equipment. Whether it is setting up badminton standards, pulling out hoops, or collecting equipment, I find that I offer to help out most of the time. I also give a lot of positive feedback to my peers. So when they make a great play in a game, I tell them nice shot, or good play. I also help my friends out if they need help playing a game. Because I play softball in the community, I show them where to stand when fielding, help them how to bat, and make the right decisions. I think if I try to this all the time for more sports, I can move up to an “A” in leadership.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Beginning**  The student is just starting to learn these skills and still has frequent errors that require further attention. | | **Developing**  Student has some grasp of the skills. Still needs some teacher facilitation and practice. | | **Achieving**  Student consistently demonstrates skills without assistance. Still practicing for a higher level of understanding. | **Extending**  Student can consistently demonstrate skills. They are at a high level of understanding, ready to teach skill to others. |
| Requires more evidence  0-50% (I) | 51-59%  (C-) | 60-66%  (C) | 67%-72%  (C+) | 73-85%  (B) | 86-100%  (A) |
| **Movement concepts and skills**  **Movement skills:** Throwing/Catching  Running/Jumping  Striking/Kicking  **Concepts:** moving to open space, moving off and on the ball | I rarely:  - Apply fundamental movement skills in a variety of physical activities and environments  - Apply a movement concepts & strategies in different physical activities | | I am beginning to/sometimes:  - Apply fundamental movement skills in a variety of physical activities and environments  - Apply a movement concepts & strategies in different physical activities | | I consistently:  - Apply fundamental movement skills in a variety of physical activities and environments  - Apply a movement concepts & strategies in different physical activities | I always:  - Apply fundamental movement skills in a variety of physical activities and environments  - Apply a movement concepts & strategies in different physical activities |
| **Etiquette, fair play and respect**  Respectful to Teachers and Peers, follows the rules of the game, demonstrates safety in the class | I rarely:  - Demonstrate fair play and accept others decisions | | I am beginning to/sometimes:  - Recognize what fair play is, but rarely demonstrate  - Understand values and positive behavior | | I consistently:  - Demonstrate fair play most of the time  - Demonstrate positive behavior and values | I always:  - Demonstrate fair play  - Promote positive behaviors and values in others |
| **Active engagement and perceived exertion**    **Fitness** | I rarely:  - Show any involvement in activities  - Reach above a Level 1 or 2 on perceived exertion scale  -Decreasing fitness scores | | I am beginning to/sometimes:  - Be involved in activities  - Reach a Level 3 or 4 on perceived exertion scale  -Reach a Level 5 or 6 on a perceived exertion scale  Not improving fitness scores | | I am consistently:  - Engaged in activities  - Reach a Level 7 or 8 on perceived exertion scale  Shows improvements of fitness testing | I always  - Am engaged in activities  - Reach a Level 9 or 10 on perceived exertion scale  Shows consistent improvements of fitness testing |
| **Leadership**  Student assists peers, helps with equipment  **Inquiry Questions** | I rarely show awareness of leadership skills  I do not answer inquiry questions | | I am beginning to/sometimes recognize leadership skills  I am beginning to/sometimes answer inquiry questions with minimum thought/detail | | I consistently show leadership skills  I consistently answer inquiry questions. | I always display outstanding leadership skills  All inquiry questions were thoroughly answered |

**Movement concepts and skills (game play):**

**Etiquette and fair play:**

**Active Engagement/Perceived exertion:**

**Leadership:**

Teacher signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_