Name: \_Sarthak Nadkarni\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
|  | **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):**

**I gave myself a C or a C+ in movement concepts because I understand what the movement concepts are but I just can’t be able to do it yet. I need to work on my kicking and catching skills because I don’t do so well when it comes to that. I usually get out in the open when we are playing any sports so I can score for my team. I have to do it in a way where the opponents can’t get the ball from me.**

**Etiquette and fair play:**

**I gave myself a B in Etiquette and fair play because I can be able to respect others and myself when we are playing outdoor games or sports. I also respect students and staff and be safe when it comes to physical education. This involves not like forcing my friends and me to jump off the cliff or doing anything else like that.**

**Active Engagement/Perceived exertion:**

**I gave myself a C or a C+ in Active Engagement and Perceived exertion because on the scale, I am at a Level 5 or 6 on the exertion scale because I am kind of fit but not there yet. I think I still need to exercise more and be more fit. Also I feel like I am not improving because if I want to be more fit, I have to run every day so in this way I can improve on my activeness.**

**Leadership:**

I gave myself a C in leadership because I don’t help out very much and I just sit there and do nothing. If I want to get an A in leadership, I have to constantly help out whenever the teacher asks for any volunteers and do well as a team. This involves setting up nets, moving stuff back and forth and helping the team in order to be very successful.

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