

BONDUEL HIGH SCHOOL

PHYSICAL EDUCATION

6-12 ASSESSMENT

Each course in Physical Education will concentrate on developing and maintaining each students overall fitness. These courses will include the following objectives:

- 1. Optimal skill development in each activity**
- 2. Develop and maintain physical fitness**
- 3. Increase knowledge in the value of physical fitness, the effects of exercise on the body and the rules, strategy and safety precautions of each activity.**

PHYSICAL EDUCATION DEPARTMENT MISSION:

Students will participate in a variety of health-enhancing physical activities to promote a healthy and active lifestyle. They will demonstrate responsible personal and social behavior by exhibiting self control, cooperative skills, appropriate sports related behavior, and regard for safety.

GRADES/ASSESSMENT:

The assessment rubric PULSE (listed below) will be used to grade students in physical education courses.

P U L S E	Exemplary	Satisfactory	Needs Improvement
PARTICIPATION (DAILY)	Comes to class everyday dressed, is on time and prepared for activity. (2)	Comes to class everyday dressed or is on time and prepared for activity. (1)	Does NOT come to class dressed and on time. (0)
UNDERSTANDING (UNIT)	Demonstrates advanced progression of knowledge of sport specific rules or fitness principals (19-20)	Demonstrates moderate progression of knowledge of sport specific rules or fitness principals (15-18)	Demonstrates lack of knowledge of sport specific rules or fitness principals with little to no progression (0-14)
LEADERSHIP (DAILY)	Demonstrates sportsmanship, respect, positive attitude and good character with instructor and peers throughout duration of class. (2)	Demonstrates sportsmanship, respect, positive attitude and good character with instructor and peers for the majority of the class. (1)	Does NOT demonstrate sportsmanship, respect, positive attitude and good character with instructor and peers throughout duration of class. (Multiple Put-Downs and/or derogatory comments) (0)
SKILL (UNIT)	Demonstrates advance progression of performance of techniques for sport specific movements or activities. (19-20)	Able to perform specific sport or activity with proper technique some of the time throughout the unit. (15-18)	Does not demonstrate proper technique for sport or activity with little to no progression. (0-14)
EFFORT (DAILY)	Always on task, constantly pushes self, and is working at a level that will improve personal physical fitness (2)	Sometimes on task, pushes self inconsistently, and is working at a level that may or may not improve personal physical fitness (1)	Never on task, does NOT push self, and does NOT work at a level that will improve personal physical fitness (0)

Assessment Tools - Understanding and Skill Testing:

- Written Test
- Verbal Test
- Skill Test
- Visual Assessment during Game Play

Other Forms of Assessment May Include

- Personal Fitness Program Design
- Journaling
- Log Daily Activities
- Written Reflection
- Peer Mentoring