

LBHS P.E. ASSESSMENT RUBRIC



Purpose: "The aim of physical education is to enable individuals to develop the knowledge, skills, and		(<40%)	(40-59%)	(60- 79%)	(80-89%)	(90- 100%)
attitudes necessary to lead an active, healthy lifestyle."	$oldsymbol{\Psi}$ Grade headings in Teacher Logic $oldsymbol{\Psi}$	Rarely ever:	Some of the time:	Often:	Almost always:	Always:
CURRICULUM OBJECTIVES: ** ** ** ** ** ** ** ** **	*Effort: * gives their very best effort throughout the entire class * challenges self in skill development activities * demonstrates excellent hustle & contributes in game play * attempts all activities to the best of their ability					
HEALTH BENEFITS +	*Skill & Applied Knowledge * demonstrates effective sport specific movement * demonstrates athleticism through coordinated & effective movement * demonstrates spacial awareness & creates opportunity during gameplay * effectively demonstrates skill in a game situation + correctly identifies when to use specific skills during gameplay + demonstrates understanding of gameplay strategy					
	+Theoretical Knowledge: + demonstrates knowledge through quizzes & handouts					
cooperation ~	~Attitude & Leadership: ~ demonstrates enthusiasm & a positive attitude ~ demonstrates fair play & good sportsmanship ~ demonstrates respect for equipment & facility ~ communicates with respect to instructors & peers ~ takes initiative to help others ~ is inclusive of all participants & encourages peers ~ is punctual & prepared for class					

UNIT:	NAME:
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LBHS P.E. SELF EVALUATION RUBRIC



WRITE

THE GRADE

(Check the box that best applies to reflect your work in this unit.)

		,					100
Purpose: "The aim of physical education is to enable individuals to develop the knowledge, skills, and		NEED MORE PRACTICE!	WORKING ON IT!	ON MY WAY!	GETTING GOOD!	GOT THIS!	THINK YOU
attitudes necessary to lead an		<4	4-6	6-8	8-9	9-10	DESERVE
active, healthy lifestyle."	V Grade headings in Home Logic V	Rarely ever:	Some of the time:	Often:	Almost always:	Always:	HERE ↓
CURRICULUM OBJECTIVES:	*Effort: *I give my best effort throughout the entire class *I challenge myself in skill development activities *I demonstrate excellent hustle & contribute during gameplay *I attempt all activities to the best of my ability *I set meaningful goals & try to achieve them						EFFORT: /10
E ACTIVITY *	*Skill & Applied Knowledge: *I am able to perform the skills necessary to excel in this unit *I am able to perform multiple skills in combination to be successful *I can consistently find open space and move towards it during gameplay *I perform sport specific skills effectively in games +I choose the right skill at the appropriate time during gameplay +I effectively apply strategy during games						SKILL: /10
HEALTH BENEFITS +	+ Theoretical Knowledge: +I listen attentively during instruction in class +I review unit handouts to improve my quiz grades +I understand game rules +I consistently make healthy eating choices +I use this activity to help manage my stress +I feel good about myself and my body +I am active outside of class						THEORY & APPLIED KNOWLEDGE:/10
cooperation ∼	~ Attitude & Leadership: ~I have a positive attitude and I'm enthusiastic ~I demonstrate fair play & good sportsmanship ~I treat the facilities and equipment in class with respect ~I respectfully communicate with instructors & classmates ~I take initiative to help others & assist with equipment ~I support & encourage my classmates ~I am always on time ~I consistently change for class ~I attend class regularly						ATTITUDE & LEADERSHIP:/10

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LBHS P.E. SELF EVALUATION RUBRIC



WRITE THE GRADE YOU

		THINK YOU DESERVE HERE ✔
Purpose: "The aim of physical education is to enable individuals to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle."	Please explain why you think you deserve the grade you gave yourself for effort and attitude and leadership	
CURRICULUM OBJECTIVES:	*Effort:	EFFORT: /10
* ACTIVITY *	-	-
•	-	-
HEALTH BENEFITS +	~ Attitude & Leadership:	ATTITUDE & LEADERSHIP:/10
	-	-
Cooperation~	-	-