





LBHS P.E. SELF EVALUATION RUBRIC

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



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."

**NEED
MORE
PRACTICE!**
<4

**WORKING
ON IT!**
4-6

**ON MY
WAY!**
6-8

**GETTING
GOOD!**
8-9

**GOT
THIS!**
9-10

↓ **Grade headings in Home Logic** ↓

**Rarely
ever:**

**Some of
the time:**

Often:

**Almost
always:**

Always:

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

*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

+ 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

~ 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
- ~I consider the safety of myself and others during activity



EFFORT:
____/10

SKILL:
____/10

**THEORY &
APPLIED
KNOWLEDGE:**
____/10

**ATTITUDE &
LEADERSHIP:**
____/10



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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:

-

-

-

-

-



~ Attitude & Leadership:

-

-

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-

-



EFFORT:

___/10

ATTITUDE &
LEADERSHIP:

___/10

