

Physical Education Standards

What am I expected to do and be graded on in physical education class?

1. Movement Competence & Understanding

Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Example: You can dribble a basketball consistently using the pads of your fingers, “push and give”, and at waist level.

2. Physical Education and Personal Wellness

Participate in and understand the benefits of regular physical activity.

Example: During class, you consistently participate in the activities and give your best effort to remain active and involved in the games the entire class period.

3. Social Emotional Wellness

Exhibit responsible and social behavior that respects self and others in physical activity settings.

Example: You cooperate with your teammates, encourage each other, and deal with winning/losing in an acceptable way.

4. Prevention & Risk Management

Apply personal safety knowledge and skills to prevent and treat injury.

Example: When playing hockey, you follow the safety rules of keeping the top of the stick below your knees, only swinging the stick during instructional practice, and maintaining a safe distance from others while practicing in designated areas.

*You receive the following grades, based on how you perform in these areas (1 = rarely, 2 = some, 3 = consistently, 4 = always)