

# First Grade Report Card

## Physical Education Assessments

Six Weeks	Objectives	#3 Meets Expectations	#2 Making Progress	#1 Experiencing Difficulty
All Six Weeks	Behavior and Participation	Usually demonstrates appropriate behavior and usually participates fully in class activities.	Sometimes demonstrates appropriate behaviors and/or sometimes demonstrates fully in class activities.	Rarely demonstrates appropriate behavior and/or rarely participates fully in class activities.
1	Cross Crawl to Foot Behind: Right hand to left foot, left hand to right foot. Repeat the Cross Crawl to foot behind pattern five times.	Usually demonstrates the cross crawl pattern 5 times consecutively. The body is balanced with the head held up and the eyes looking forward. The knee is bent behind and raised to hip height as the student reaches with the opposite hand to touch the foot behind the body.	Sometimes demonstrates movements that are jerky and rhythm that varies.	Rarely demonstrates the cross crawl pattern behind to the foot while maintaining balance and using the opposite hand to touch the foot behind movement.
2	Walk Backwards on the Balance Beam with proper form	Usually demonstrates and maintains excellent posture and balance when walking backwards the length of the beam. The head is up and the eyes are down. The arms are out to the side.	Sometimes demonstrates large balance errors or steps off the beam while walking backwards the length of the beam.	Rarely demonstrates upright balance and falls off the beam while walking backwards.
3	Hops while moving forward, five consecutive times on each leg	Usually demonstrates correct technique while hopping forward five consecutive hops on each leg. The body is upright and the head is held up with eyes looking forward. The arms are bent at the elbow and held out by the sides for balance. The nonsupport leg is bent at the knee with the foot behind the body. The landing is soft and on the balls of the feet.	Sometimes demonstrates correct technique of hopping on only one leg five consecutive hops.	Rarely demonstrates hopping five consecutive hops on either leg.
4	Dribbles a ball five consecutive times with each hand	Usually demonstrates successfully the ability to dribble a ball five consecutive times with each hand.	Sometimes demonstrates the ability to dribble a ball five consecutive times with one hand.	Rarely demonstrates dribbling a ball five consecutive times with either hand.
5	Skipping	Usually demonstrates skipping pattern (right and left) forward ten times while maintaining an upright posture and using a rhythmic pattern.	Sometimes demonstrates skipping forward while maintaining an upright posture and using a rhythmic pattern.	Rarely demonstrates skipping forward with good posture and good rhythm.
6	Self-Toss Object Above Head and Catch	Usually demonstrates successfully a self tossed object thrown above the head level three consecutive times.	Sometimes demonstrates a self tossed object thrown above the head level three consecutive times.	Rarely demonstrates a self tossed object thrown above the head level three consecutive times.