**Wilow Park Physical Education Assessment**

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| **Alberta Physical Education Program of Studies General Outcomes as they relate to the Stems in Reporting.** | **Excellent Achievement of grade level learner expectations.**  (Understands and applies new concepts in a wide variety of learning situations. Consistently uses required skills and strategies effectively).  4 | **Good achievement of grade level learner expectations.**  (Understands and applies new concepts to most learning situations. Frequently uses required skills and strategies effectively).  3 | **Basic achievement of grade level learner expectations.**  (Understands and applies new concepts to specific learning situations. Uses most required skills and strategies appropriately).  2 | **Not meeting grade level learner expectations.**  Requires repeat instructions to understand and apply new concepts in learning situations. Needs much support to use required skills and strategies.  1 |
|  | **I can consistently…** | **I can usually…** | **I can often…** | **I can rarely…** |
| **Stem 1-** Performs and refines movement skills | * move effortlessly * consistently demonstrate a high level of ability * refine skills and respond positively to feedback | * move with ease * use skill and understand strategy * demonstrate a high level of ability | * move well but require concentration * demonstrate a high level of ability | * move but I sometimes struggle to do this effectively. * demonstrate a high level of ability |
| **Stem 2**- Cooperates to demonstrate fair play and teamwork | * exhibit **leadership** * consistently demonstrate **fair play** and **team work** * **communicate** thoughts and ideas respectfully | * exhibit a positive attitude * frequently demonstrates fair play * work cooperatively with others | * exhibit an indifferent attitude * demonstrates fair play * work cooperatively but need reminders | * exhibit disinterest in activities * sometimes demonstrate fair play * work cooperatively but need supervision |
| **Stem 3**-Explores and applies strategies for leading a healthy, active way of life | * give my best **effort** and participate to best of my ability. * play **safe** and in control. * communicate my **goal** and I am aware of active living in our Community * understand the benefits of **Functional Fitness** & **Wellbeing** in Physical Activity. | * give my best **effort** and participate to best of my ability. * play **safe** and in control. * communicate my **goal** and I am aware of active living in our Community * understand the benefits of **Functional Fitness** & **Wellbeing** in Physical Activity. | * give my best **effort** and participate to best of my ability. * play **safe** and in control. * communicate my **goal** and I am aware of active living in our Community * understand the benefits of **Functional Fitness** & **Wellbeing** in Physical Activity. | * give my best **effort** and participate to best of my ability. * play **safe** and in control. * communicate my **goal** and I am aware of active living in our Community * understand the benefits of **Functional Fitness** & **Wellbeing** in Physical Activity. |

* **My strength(s) in the unit …**
* **I would like to improve on (my goal)...**