

Physical Education Progress Descriptors

In Physical Education, students will earn grades based on the following curriculum expectations:

Motor Skill Performance: Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

- Demonstrate developmentally appropriate form in movement and manipulative skills
- Apply problem-solving skills in movement activities in various dynamic environments

Applying Concepts and Strategies: Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- Demonstrate an understanding of how the body moves and how the body performs different movements during various physical activities
- Recognize performance skill elements in self and in others using movement vocabulary

Physical Fitness: Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

- Demonstrate understanding of the relationship between physical activity and fitness and wellness, and of fitness and wellness concepts
- Recognize the changes that take place in the body as a result of physical activity

A four-point rubric will be used to show how student work compares to grade level expectations and standards. A set of indicators describes student expectations at the end of each trimester that builds toward a mastery of each standard for the end of the year. Most students will score a 3.

4	Exceeding Grade Level Standards
	<i>Produces above grade level work consistently and independently at this time</i>
	<ul style="list-style-type: none"> • Demonstrates advanced thinking and understanding of skills • Masters and applies knowledge and skills that lead to consistent, high quality work
	<ul style="list-style-type: none"> • Completes quality work independently
3	Meeting Grade Level Standards
	<i>Produces grade level work consistently and independently at this time</i>
	<ul style="list-style-type: none"> • Consistently applies skills to assigned work • Completes assignments and tasks with appropriate quality
2	Approaching Grade Level Standards
	<i>Produces grade level work inconsistently at this time</i>
	<ul style="list-style-type: none"> • Demonstrates partial understanding or inconsistent application of concepts and skills • Requires additional practice and reinforcement of skills to meet expectations
1	Not Meeting Grade Level Standards
	<i>Not yet able to produce grade level work at this time</i>
	<ul style="list-style-type: none"> • Demonstrates minimal understanding of skills • Shows little or no progress

Academic & Behavioral Responsibilities

In Physical Education, students will earn grades based on the following curriculum expectations:

Responsible Behavior: Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

- Develop skills that are needed to work independently or cooperatively with partners or in small groups
- Understand and follow classroom rules, activity-specific rules, and safety practices, and demonstrate good sportsmanship and etiquette in a variety of physical activities

Physical Education has specific objectives that help students build toward mastery of the content. It is the belief of Wethersfield Public Schools that students develop skills and habits that promote lifelong learning and that these skills contribute to academic success. Teachers assess the skills and habits that support lifelong learning using a three-point rubric.

C	Consistent
	<i>Meets the expectations independently and does not require assistance or redirection</i>
I	Inconsistent
	<i>Requires some assistance and redirection to meet the expectations</i>
N	Needs Improvement
	<i>Rarely meets the expectations independently; requires considerable assistance and redirection</i>

Examples of the Academic and Behavioral Responsibilities in Physical Education include:

- Follows all directions
- Follows rules and routines
- Follows all safety rules
- Listens attentively
- Maintains focus on tasks
- Seeks help appropriately
- Demonstrates responsibility
- Shares responsibility for group work
- Participates in class activities and discussions
- Expresses thoughts with clarity and fluency
- Shows respect and consideration for self and others
- Demonstrates self-control
- Works well independently and in a variety of groups
- Offers encouragement and/or assistance to peers
- Demonstrates good sportsmanship and etiquette
- Shares equipment, space, and takes turns with other students
- Attempts all activities with maximum effort
- Performs up to ability level
- Attempts a successful trial following an unsuccessful one
- Works hard to improve skills
- Creates a positive environment