

KWANTLEN PARK PE PROGRAM

Student: _____ Course/Grade: _____ Teacher: _____ Block: _____

ASPECTS	Emerging Not Yet Meeting Expectations	Developing Minimally Meeting Expectations	Acquired Fully Meeting Expectations	Accomplished Exceeding Expectations
PREPARATION Strip Punctuality Attendance Field trip	<input type="checkbox"/> 10 or more NO STRIPS “You mean we have to change?”	Inconsistently prepared <input type="checkbox"/> 5-9 NO STRIPS	Usually prepared <input type="checkbox"/> 2-4 NO STRIPS	Always prepared <input type="checkbox"/> 0-1 NO STRIPS
	<input type="checkbox"/> Late; arrives 5+ minutes after 2 nd bell	<input type="checkbox"/> Slow to change; arrives just after 2 nd bell	<input type="checkbox"/> On time; changed by 2 nd bell	<input type="checkbox"/> On time; changed prior to 2 nd bell
	<input type="checkbox"/> Misses class / field trip without explanation ➤ No note or phone call or email	<input type="checkbox"/> Misses class / field trip without legitimate explanation ➤ Note, phone call or email provided upon teacher request	<input type="checkbox"/> Misses class / field trip with legitimate explanation ➤ Provides note or phone call or email after missed class	<input type="checkbox"/> Misses class / field trip only if ill ➤ Provides note or phone call or email ahead of class
ACTIVE PARTICIPATION	<input type="checkbox"/> Does not actively participate for entire class ➤ Unmotivated; requires constant encouragement ➤ Leaves class without explanation	<input type="checkbox"/> Does not actively participate for entire class ➤ Seeks opportunity to sit out ➤ Goes to washroom or for H ₂ O breaks frequently	<input type="checkbox"/> Participates actively for entire class ➤ Self motivated; requires little to no encouragement	<input type="checkbox"/> Participates actively for entire class ➤ Self motivated; requires no encouragement; motivates & encourages others
	<input type="checkbox"/> Unenthusiastic; gives up ➤ Requires constant encouragement	<input type="checkbox"/> Easily discouraged ➤ Requires regular encouragement	<input type="checkbox"/> Usually enthusiastic ➤ Persistent; may need some encouragement when things get hard	<input type="checkbox"/> Always enthusiastic ➤ Persists regardless of circumstances
PERSONAL FITNESS EFFORT (cardio, muscular strength, muscular endurance, flexibility, speed, agility, balance)	<input type="checkbox"/> Poor effort ➤ Requires constant encouragement on runs; frequently walks at slow pace ➤ Avg. Heart rate below 50% max ➤ Frequent RPE of 1	<input type="checkbox"/> Inconsistent effort ➤ Requires encouragement daily on runs; walks for more than 15 seconds on runs ➤ Avg. Heart rate below 60% max ➤ Frequent RPE of 1-2	<input type="checkbox"/> Self motivated; best effort most classes ➤ Challenges self daily on runs; completes runs without walking more than 15 seconds ➤ Avg. Heart rate 60-75% max ➤ Frequent RPE of 2-4	<input type="checkbox"/> Self motivated; best effort each class: encourages others ➤ Challenges self daily on runs; completes runs w/out walking ➤ Avg. Heart rate 70-95% max ➤ Frequent RPE of 3-4
	<input type="checkbox"/> Poor effort ➤ Requires regular encouragement on fitness exercises ➤ With prompting, will expend minimal effort	<input type="checkbox"/> Inconsistent effort ➤ Requires encouragement on fitness exercises ➤ With prompting, will challenge self on exercises	<input type="checkbox"/> Self motivated; best effort most classes ➤ Requires little to no encouragement ➤ Challenges self on fitness exercises	<input type="checkbox"/> Self motivated; best effort each classes ➤ Requires no encouragement ➤ Challenges self on fitness exercises; strives for PB
PERSONAL & SOCIAL RESPONSIBILITY ETIQUETTE RESPECT FAIR PLAY	<input type="checkbox"/> Unwilling to take responsibility for actions ➤ At times abusive with equipment ➤ Doesn't replace own equipment ➤ Unwilling to help with setup/takedown of activity	<input type="checkbox"/> Demonstrates respect for equipment; takes responsibility for actions when asked ➤ Replaces own equipment when asked ➤ Reluctant to help with or avoids setup/takedown of activity	<input type="checkbox"/> Usually demonstrates respect for equipment; willingly takes responsibility for actions ➤ Always replaces own equipment ➤ Assists with setup/takedown of activity when asked	<input type="checkbox"/> Always demonstrates respect for equipment: a positive role model ➤ Replaces equipment for self & others as needed ➤ Frequently assists with setup/takedown of activity
	<input type="checkbox"/> Critical of others ➤ At times rude to people; only willing to work with friends	<input type="checkbox"/> Ignores others in need ➤ Unable to work productively unless with specific people	<input type="checkbox"/> Usually demonstrates respect for people ➤ Productive regardless of group; works well with all classmates	<input type="checkbox"/> Always a positive role model; helps others ➤ Helps in making fair groups; willing to work with anyone
	<input type="checkbox"/> Unwilling to take responsibility for actions ➤ Frequently uses inappropriate language ➤ Often ignores the rules of play	<input type="checkbox"/> Accepts responsibility only if directed ➤ May use inappropriate language ➤ May not observe the rules of play	<input type="checkbox"/> Willingly takes responsibility for actions ➤ Usually uses appropriate language ➤ Observes rules of play	<input type="checkbox"/> Seeks responsibility; willing & able to act in a leadership role ➤ Always uses appropriate language ➤ Advocates for fair play