

Grade 6 Physical Education Summary

Name:

Outcome	Score	Comments
6.1 Cardiovascular Fitness		
6.2 Body Composition		
6.3 Muscle Fitness		
6.4 Skill Related Fitness		
6.5 Complex Skills		
6.6 Manipulative Skills		
6.7 Biomechanics		
6.8 Movement Concepts		
6.9 Decision Making		
6.10 Alternate Environment		
6.11 Volunteerism & Leadership		
6.12 Influences		
6.13 Safety & Rules		
6.14 Relationships Skills		
6.15 History & Culture		

Rubric Score:



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Outcome 6.1 Health Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and engage in continuous aerobic activity.	Can exceed 10 minutes of vigorous activity	Can perform 10 minutes	Can perform 8 minutes or more	Can perform 6 minutes or more	Can perform 4 minutes or more		
Understand and apply the FITT principle	Demonstrate an understanding of 4 FITT principles	Demonstrate an understanding of 3 FITT principles	Demonstrate an understanding of 2 FITT principles	Demonstrate an understanding of 1 FITT principle	Has no understanding of the FITT principles		
Determine the importance of cardiovascular exertion before, during, after activity	Be able to apply 2 or more methods of calculating heart rate	Be able to apply one method of taking heart rate	Demonstrates an understanding of the process of maintaining a heart rate	Unable to monitor heart rate but shows an understanding of the importance of taking heart rate before/during activity	Does not understand the importance of heart rate before/during/after activity		
Identify the importance of a personal fitness plan	Evaluate personal fitness plan and reflect on ways to improve	Perform/implement personal fitness plan	Develop a personal fitness plan with all four FITT principles	Develop a personal fitness plan with 2 or more FITT principles	Has not created a personal fitness plan		

Comments	Total Points



School

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Outcome 6.2

Body Composition

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate how body composition relates to your own physical self	Clarify myths from facts related to body composition	Evaluates the benefits of body composition	Able to connect how body composition relates to physical self	Shows understanding of what body composition is	Does not understand what body composition is		
Promote healthy ways to effectively maintain an appropriate weight	Apply healthy methods to effectively maintaining an appropriate weight	Categorize a variety of methods to effectively maintain and lose weight	Describe healthy and dangerous ways to lose weight	Express 3 ways of maintaining a healthy body weight	No understanding of what healthy weight management is		

Comments	Total Points



School


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Outcome 6.3 Muscle Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Identify major muscle groups	Can identify 5 major muscle groups	Can identify 4 major muscle groups	Can identify 3 major muscle groups	Can identify 2 major muscle groups	Unable to identify any muscles		
Creation and implementation of routine to improve muscular strength	Discuss and implement exercises to develop muscular strength	Identify 4 strategies to improve muscular strength	Identify 3 strategies to improve muscular strength	Identify 2 strategies to improve muscular strength	Unable to identify any strategies to improve muscular strength		
Identify safety guidelines to safe and effective muscular strength development	Correctly uses at least 5 exercises in routine	Correctly uses at least 4 exercises in routine	Correctly uses at least 3 exercises in routine	Correctly uses at least 2 exercises in routine	Cannot correctly identify any safety guidelines		

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Outcome 6.4 Skill Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Distinguish between skill related and health related fitness	Can make 4 or more connections	Can make 3 connections	Can make 2 connections	Can make 1 connection between health and skill related	Cannot make the distinction between skill related/health related fitness		
Demonstrate the connection between health related and skill related fitness	3 or more connections	2 or more connections	Can demonstrate 1 connection between health and skill related fitness	Can identify but cannot perform	Cannot demonstrate any activity related that connects health related and skill related fitness		
Complete teacher designed circuit with skill and health related fitness	Completes all circuits at a personally challenging level	Completes all circuits with no difficulty	Makes attempt to complete circuit		Makes no attempt to complete circuit		

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Outcome 6.5 Complex Skills

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate progression towards complex locomotor skills	Can demonstrate and communicate more than 2 performance cues	Can demonstrate and communicate at least 2 performance cues	Can demonstrate but not communicate skills	Can communicate but not demonstrate skills	Cannot demonstrate skills		
Demonstrate progression towards complex non-locomotor skills	Can demonstrate and communicate more than 2 performance cues	Can demonstrate and communicate at least 2 performance cues	Can demonstrate but not communicate skills	Can communicate but not demonstrate skills	Cannot demonstrate skills		
Demonstrate progression towards complex manipulative skills	Can demonstrate and communicate more than 2 performance cues	Can demonstrate and communicate at least 2 performance cues	Can demonstrate but not communicate skills	Can communicate but not demonstrate skills	Cannot demonstrate skills		

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Outcome 6.6 Manipulative Skills

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate progression towards complex manipulative skills	Can communicate and demonstrate at game speed	Can demonstrate and communicate complex sending movement	Can demonstrate complex sending movement	Explore performance skills to complex sending movement	Cannot apply any performance skills to complex sending movement		

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Outcome 6.7 Biomechanics

Trait	5	4	3	2	1	Points Earned	Comments
Force Production	Examine principles for improvements of force production	Apply through movement an understanding at force productions	Communicate through movement an understanding of force production	Explore through movement an understanding of force production	Cannot demonstrate/communicate through movement an understanding of force production		
Force Absorption	Examine principles for improvement of force absorption	Apply through movement an understanding of force absorption	Communicate through movement an understanding of force absorption	Explore through movement an understanding of force absorption	Cannot demonstrate/communicate through movement an understanding of force absorption		
Resistance	Examine principles for improvement of resistance	Apply through movement an understanding of resistance	Communicate through movement an understanding of resistance	Explore through movement an understanding of resistance	Cannot demonstrate/communicate an understanding of resistance		

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Outcome 6.8 Movement Concepts

Trait	5	4	3	2	1	Points Earned	Comments
Understand rules and terminology associated with specific games	Be able to provide more than 3 sports specific rules/ terminology related to game	Be able to provide 3 or more specific rules/ terminology related to game	Be able to provide 2 sport specific rules related to game	Be able to give basic outline of game objective	Recognizes game but cannot state rules or terminology		
Demonstrate skillful movement concepts in territorial/ invasive games	Demonstrate skillful movement in 3 or more territorial/ invasive games	Demonstrate skillful movement in 2 territorial/ invasive games	Recognize the difference of movement in a territorial/ invasive game	Attempts to execute movement skills in territorial/ invasive games	Cannot perform movements		
Demonstrate skillful movement concepts in target games	Demonstrate skillful movement in 3 or more target games	Demonstrate skillful movement in 2 target games	Recognizes the difference of movement in target games	Attempts to execute movement skills in target games	Cannot perform movements		

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Outcome 6.9 Decision Making

Trait	5	4	3	2	1	Points Earned	Comments
Make situational decisions in a variety of target games	Make revision to strategy to improve team play	Make decision for self and others to advance team performance	Make decision for yourself to advance individual performance	Attempts to make decision but cannot execute	Cannot make decision for self or others		
Make situational decisions in a variety of territorial/ invasive games	Make revision to strategy to improve team play	Make decision for self and others to advance team performance	Make decision for yourself to advance individual performance	Attempts to make decision but cannot execute	Cannot make decision for self or others		
Make situational decisions in a variety of low organizational/ cooperative games	Make revision to strategy to improve team play	Make decision for self and others to advance team performance	Make decision for yourself to advance individual performance	Attempts to make decision but cannot execute	Cannot make decision for self or others		

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Outcome 6.10 Alternate Environment & Body Management

Trait	5	4	3	2	1	Points Earned
Apply controlled movement in alternate environment activities	Create <u>and</u> perform basic movements for alternate environment activities	Create <u>or</u> perform basic movement for alternate environment activities	Model the basic movements for alternate environment activities	Attempt basic movements for alternate environment activities	No attempt of basic movements for alternate environment activities	
Apply controlled movement in body management activities	Create <u>and</u> perform basic movements for body management activities	Create <u>or</u> perform basic movement for body management activities	Model the basic movements for body management activities	Attempt basic movements for body management activities	No attempt of basic movements for body management activities	


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Outcome 6.11 Volunteerism and Leadership

Trait	5	4	3	2	1	Points Earned	Comments
Volunteering	Re-evaluate and make adjustments to planning and carrying out the activity	Effectively involved in the planning and implementing of the activity	Help plan and assist in planning of activity	Involved only when delegated or instructed	Not involved in the planning or implementing of activity		

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Outcome 6.12 Influences

Trait	5	4	3	2	1	Points Earned	Comments
Analyze the attributes and limitations of self and others in helping making decisions	Create strategies to be used by self and others for improvement	Understand and adapt to others abilities	Identify people have different abilities and recognize adaptations must be made	Recognize peoples differences	Cannot recognize peoples differences		

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Outcome 6.13 Safety & Rules

Trait	5	4	3	2	1	Points Earned	Comments
Apply safety guidelines to develop an appreciation on self and others	Propose a rationale for why given rules and guidelines exist	Demonstrate a willingness to follow the guidelines	Distinguish between guidelines and the rules	Does not understand guidelines and rules for fair play in game	Chooses to not follow safety guidelines		

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Outcome 6.14 Relationship Skills

Trait	5	4	3	2	1	Score	Comments
Demonstrates a personal commitment to positive social behavior while participating in and watching activities (Hellison's Model)	Level Five: Caring Exhibits all of level four Works with everyone in the class willing Compliments and encourages others Takes care of equipment Asks and provides assistance to teacher and other student Concerned with the progress of others	Level Four: Self-Responsibility Shows respect Makes good choices Honest and fair Admits mistakes and apologizes Works on activities independent of teachers Works with other to settle argument quickly	Level Three: Involvement Listens and follows direction Shows at least minimal respect Stays on task only when teacher is watching Willing to try and are involved in activities Participates with reservation	Level Two: Self Control Does not call names Controls temper Does not disrupt class Listens, but does not actively -participate Really does not put forth any effort Cruising in neutral, but not bothering anybody	Level One: Irresponsible Blames others Name calling Disruptive Negative Makes excuses Does not play by the rules Aggressive behavior Does not listen or participate		

Comments

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Outcome 6.15 History & Culture

Trait	5	4	3	2	1	Points Earned	Comments
Examine and participate in historical cultural games	Research and present the development of a specific historical/ cultural game	Demonstrate respect and honor cultural protocol while playing historical and cultural games	Willingly engage in historical and cultural games	Is aware of a variety of historical/ cultural activities	Doesn't respectfully engage in historical and cultural games		

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Grade 6 Physical Education – Anecdotal Notes

Name: