

<b>Grade 9 Physical Education Summary</b>		Name:
<b>Outcome</b>	<b>Score</b>	<b>Comments</b>
9.1 Health Related Fitness		
9.2 Body Composition		
9.3 Core Strength		
9.4 Skill Related Fitness		
9.5 Complex Skills		
9.6 Games, Tactics and Strategies		
9.7 Alternate Environment		
9.8 Body Management		
9.9 Volunteerism and Leadership		
9.10 Influences		
9.11 Prevention and Care		
9.12 Respectful Behavior		
9.13 Contemporary Culture		

**Overall Score**



**School**

**Student Name**


## Physical Education 9

### Outcome 9.1 Health Related Fitness

Trait	5	4	3	2	1	Score	Comments
Demonstrate and engage in continuous aerobic activity	Can exceed 12 minutes	Can perform 12 minutes	Can perform 10 minutes or more	Can perform 8 minutes or more	Can perform 6 minutes or less		
Assess personal fitness level	Have completed and logged 100% fitness appraisals on FitStats	Have logged and completed 90% of fitness appraisals on FitStats	Have logged and completed 80% of fitness appraisals on FitStats	Have logged and completed 60% of fitness appraisals on FitStats	Has completed less than 40% of fitness appraisals on FitStats		
Create and implement fitness plan	Revise and reevaluate your personal fitness plan for all four health related Components	Evaluate personal fitness plan in all areas of health related component	Implement your personal fitness plan which includes at least 3 health related components	Create a personal fitness plan that includes at least 2 health related components	Has not created a personal fitness plan		
Assess fitness plans of others	Reflect on and incorporate feedback to revise personal fitness plan	Provide feedback to support others in their personal fitness plan	Assess fitness plans of others	Inconsistent feedback to others	Provide no feedback to others		

**Comments**


**Rubric Score**

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**Outcome 9.2      Body Composition**

Trait	5	4	3	2	1	Score	Comments
Appraise the safe methods of maintaining/improving body composition and weight management	Analyze and compare the influences of mass media on body image	Apply the importance of the benefits of managing body and weight composition	Understand the attraction of commercially promoted means of weight loss	Understand there are safe/unsafe ways to manage body composition	Does not understand what body composition is and the importance of safely maintaining it		
<b>NOTE: to achieve a 5 you must meet criteria in level 2-4 as well.</b>							

Comments	Rubric Score


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### Outcome 9.3 Core Strength

Trait	5	4	3	2	1	Score	Comments
Identifies Muscles of the Core	Can identify at least 8 muscles of the Core	Can identify 4 muscles of the Core	Can identify 3 muscles of the Core	Can identify 2 muscles of the Core	Cannot identify any muscles of the Core		
Safety Issues Involved in Developing Core and Joint Muscles	Can identify at least 10 safety issues	Can identify at least 5 safety issues	Can identify at least 3 safety issues	Can identify at least 2 safety issues	Cannot identify any safety issues		
Creation and Implementation of Routine to Develop Core Muscles	Correctly uses at least 10 exercises in routine	Correctly used at least 5 muscles in routine	Correctly uses at least 3 muscles in routine	Correctly uses at least 2 muscles in routine	Cannot correctly use any exercises		
Creation and Implementation of Routine for Muscular Endurance	Correctly uses at least 10 exercises in routine	Correctly used at least 5 muscles in routine	Correctly uses at least 3 muscles in routine	Correctly uses at least 2 muscles in routine	Cannot correctly use any exercises		
Demonstrate Proper Form for Testing of Endurance and Strength	Can properly perform pushups/curlups and explain why they are tested	Can perform pushups and curlups properly	Can perform one of pushups or curlups properly	Attempts to improve technique in pushups or curlups	Cannot perform pushup and curlup protocol properly		
Use of Equipment and Technology in Exercise Routines	Can lead others in the use of equipment and technology correctly and enthusiastically	Correctly and enthusiastically uses equipment and technology	Sometimes uses equipment and technology correctly with enthusiasm	Uses equipment correctly but lacks enthusiasm	Does not correctly use equipment or technology		

Rubric Score: \_\_\_\_\_


Percentage: \_\_\_\_\_

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**Outcome 9.4 Skill Related Fitness**

Trait	5	4	3	2	1	Score	Comments
Research training techniques that focus on skill related fitness	Can explain all 6 skill related components	Can explain 4 skill related components	Can explain 3 skill related components	Can explain at least 1 skill related component	Cannot explain any skill related components		
Assess personal skill related fitness level	Have completed and logged 100% of teacher selected and self-selected appraisals	Have completed and logged 90% of teacher selected and self-selected appraisals	Have completed and logged 80% of teacher selected and self-selected appraisals	Have completed and logged 60% of teacher selected and self-selected appraisals	Has not completed appraisals		
Create and implement skill related fitness plan	Can correctly demonstrate technique that develops skill for at least 5 skill related components	Can correctly demonstrate technique that develops skill for at least 4 skill related components	I Can correctly demonstrate technique that develops skill for at least 3 skill related components	Can correctly demonstrate technique that develops skill for at least 2 skill related components	Has not created a personal skill related fitness plan		


Comments	Rubric Score
Skill Related Components of Fitness are: Agility, Speed, Coordination, Power, Reaction Time and Balance.	

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### Outcome 9.5      Complex Skills

Trait	5	4	3	2	1	Score	Comments
Applies Principles of Practice building towards Skill Proficiency	Willing and independently works to improve skill performance 95%-100% of allotted time	Willing and independently works to improve skill performance 80%-90% of allotted time	Willing and independently works to improve skill performance 70%-80% of allotted time	Willing and independently works to improve skill performance less than 70% of allotted time	Willing and independently works to improve skill performance less than 50% of allotted time		
Implement visual and Oral Strategies to Support Skill Development	Willingly and consistently can explain and demonstrate proper technique	Consistently can explain and demonstrate proper technique	Can explain proper technique	Can demonstrate proper technique some of the time	Does not willingly demonstrate proper technique		
Can Identify Skills that are at a Level of Automation	Demonstrates the ability to perform at a level of automation 95%-100% of the time	Demonstrates ability to perform at a level of automation 80%-90% of the time	Demonstrates ability to perform at level of automation 80%-90% of the time	Demonstrates ability to perform at level of automation less than 70% of the time	Demonstrates ability to perform at a level of automation less than 50% of the time		


Comments	Rubric Score

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**Outcome 9.6 Games, Tactics and Strategies**

Trait	5	4	3	2	1	Score	Comments
Participates, at moderate to vigorous levels in a variety of game situations	Willingly participates moderately to vigorously 95%-100% of the allotted time	Willingly participates moderately to vigorously 80%-90% of the allotted time	Willingly participates moderately to vigorously 70%-80% of the allotted time	Willingly participates moderately to vigorously less than 70% of the allotted time	Willingly participates moderately to vigorously less than 50% of the allotted time		
Demonstrates a willingness to work with teammates to make group decisions regarding options for tactics and strategies	Consistently works positive with teammates	Frequently works positively with teammates	Follows decisions made by teammates	Rarely works with teammates	Never works with teammates		
Demonstrates a personal understanding of effective tactical and strategic decisions	Understands and applies tactics and strategies 95-100% of the time	Understands and applies tactics and strategies 80-90% of the time	Understands and applies tactics and strategies 70-80% of the time	Understands tactics and strategies on a limited basis	Does not understand tactics and strategies		

Comments	Rubric Score


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**Outcome 9.7      Alternate Environment**

Trait	5	4	3	2	1	Score	Comments
Apply and adapt selected activity-related skills and strategies required in alternate environment activities	Can inform others of alternate environment activities and their benefits	Can make changes to skills in order to enhance enjoyment of the alternate environment activities	Can make changes to skills on the advice of others to enhance the enjoyment of the alternate environment Activities	Willing participates in alternate environment activities	Does not participate		
Willingly participates at moderate to vigorous level in a variety of alternate environment activities	Participates in 100% of alternate environment activities	Participates in 90% of alternate environment activities	Participates in 80% of alternate environment activities	Participates in less than 80% of alternate environment activities	Does not participate in alternate environment activities		

Comments	Rubric Score




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**Outcome 9.8      Body Management**

Trait	5	4	3	2	1	Score	Comments
Participates in social or cultural dances	Willingly and enthusiastically participates to best of ability 95%-100% of allotted time	Willingly participates to best of ability 95%-100% of allotted time	Willingly participates to best of ability 80%-90% of allotted time	Willingly participates to best of ability less than 70% of allotted time	Will not participate in activity		
Participates in body management activities alone and with others	Willingly and enthusiastically participates to best of ability 95%-100% of allotted time	Willingly participates to best of ability 95%-100% of allotted time	Willingly participates to best of ability 80%-90% of allotted time	Willingly participates to best of ability less than 70% of allotted time	Will not participate in activity		

Comments	Rubric Score

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**Outcome 9.9 Volunteerism and Leadership**

Trait	5	4	3	2	1	Score	Comments
Plan, participate and lead with others a movement activity	Willingly and enthusiastically is involved in the planning and execution of movement activity	Participates and helps to best of ability with help from peers	Is not engaged at all times throughout the process	Will perform tasks when told	Does not perform within the group to complete the task		
Individual Schools may assign a recommended number of hours required							

Comments	Rubric Score



**School**

**Student Name**

## Physical Education 9

### Outcome 9.10 Influences

Trait	5	4	3	2	1	Score	Comments
Understand the impact mass media has on the promotion of active living.	Analyzes promotional strategies to improve attitudes and participation toward active living.	Understands the impact of promotion by explaining own or someone else's involvement with a media-organized activity.	Understands the impact of promotion by listing examples of the benefits mass media can have on active living. (ie. marathon)	Identifies the impact media has on active living but doesn't attempt to discuss such mediums.	Cannot recognize the difference between the commercial promotion of active living and active living itself.		

Comments	Rubric Score



School

Student Name

## Physical Education 9

### Outcome 9.11 Prevention and Care

Trait	5	4	3	2	1	Score	Comments
Explains and demonstrates care of a variety of activity related injuries	Can explain and demonstrate in detail the care of sprains and strains	Can apply the R.I.C.E. principle	Knows what R.I.C.E. means	Knows what a sprain or strain is	Does not know what to do with a sprain or strain		
<b>NOTE:</b> This outcome is accomplished through teachable moments.							

Comments	Rubric Score



**School**

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## Physical Education 9

### Outcome 9.12 Respectful Behavior

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**

**Rubric Score**



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**Outcome 9.13 Contemporary Culture**

Trait	5	4	3	2	1	Score	Comments
Understands the impact of contemporary culture on active living	Analyzes the opportunities and challenges to maintain safe and respectful relationships	Understands the challenges of staying active in contemporary culture	Gives opinions when prompted regarding contemporary culture on active living	Can identify the impact on active living by contemporary culture	Cannot recognize how contemporary culture impacts active living		

Comments	Rubric Score