

## St. Joseph Regional Catholic School

# Physical Education

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### Mission Statement

The St Joseph physical education program instills knowledge, experience, and life skills that will empower our students to enjoy a healthy, active, and successful lifestyle.

### Expectations

It is important that each student's experience in Physical Education class is a positive one. Students will follow guidelines in Physical Education class to show respect to themselves, the teacher, peers, and equipment. Students are required to dress appropriately for Physical Education class. Appropriate dress includes **SNEAKERS**, T-shirts, shorts/sweat pants. When class is conducted outdoors, clothes should be tailored to weather. Students will participate to their fullest potential throughout the entire class (warm-ups, skill development, and game play).

### Grading

Physical Education is a participation based course. Attendance is vital to success. A typical class consists of students being evaluated 5 times in the following categories:

- Category 1 (60%): Participation/health related fitness (participation beginning of class, middle of class, end of class)
- Category 2 (20%): Social responsibility
- Category 3 (20%): Skill development

### Physical Education Categories

Category (Physical Education National Standards)	% of Grade	Assessment Strategies
1: Standard 3 (Participation/Health- Related Fitness)	60	Checklist of active participation (60)
2: Standard 4&5 (Social Responsibility)	20	Demonstrates good social behavior (10), prepared for class (10)
3: Standard 1 & 2 (Skill Development)	20	Skills checklist (10), games/strategies & rules checklist (10)

## Physical Education Daily Participation Rubric

	5	4	3	2	1
Standard 3	Always willingly participates with top effort regularly in a variety of physical activities.	Most often willingly participates with consistent effort regularly in a variety of physical activities.	Sometimes willingly participates with minimum effort regularly in a variety of physical activities.	Participation/effort is poor in a variety of physical activities.	Rarely/Never willingly participates regularly in a variety of physical activities.
Standard 4&5	Always exhibits responsible personal and social behavior that respects self, others, and equipment in physical activity setting including attire.	Most often exhibits responsible personal and social behavior that respects self, others, and equipment in physical activity setting including attire.	Needs reminders to exhibit responsible personal and social behavior that respects self, others, and equipment in physical activity setting including attire.	Needs consistent reminders to exhibit responsible personal and social behavior that respects self, others, and equipment in physical activity setting including attire.	Rarely/Never exhibits responsible personal and social behavior that respects self, others, and equipment in physical activity setting including attire.
Standard 1&2	Excellent demonstration and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.	Good demonstration and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.	Fair demonstration and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.	Poor demonstration and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.	Rarely/Never demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.