Sperry High School Physical Education Grading Rubric

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|  | **5** | **3** | **1** | **0** |
| NYS Standard 1\*Personal Health & FitnessNYS Standard 2\*A Safe & Healthy Environment\***DAILY PARTICIPATION**APPROX. 70 PTS. *(5 PTS DAILY)* | *Student is prepared, participates with their best effort for the entire block, and demonstrates exceptional social responsibility*  | *Student is prepared, participates with some effort for most of the block, and/or demonstrates average social responsibility* | *Student is prepared, participates with minimal effort, for part of the block, and demonstrates little to no social responsibility* | *Student is unprepared and therefore unable to participate in class activities* |

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|  | **5** | **4** | **3** | **2** | **0** |
| NYS Standard 1\*Personal Health & Fitness**QUARTERLY FITNESS**  20 PTS. | *Student demonstrates 85% of National Standard* | *Student demonstrates 67% of National Standard* | *Student demonstrates 50% of National Standard* | *Student demonstrates <50% of National Standard* | *Did not attempt* |

 **Test Items: One-Mile Run or PACER, Curl-ups, Pull-ups, Sit & Reach**

 *Fitness testing scores are determined by age and gender. A copy of the benchmarks and their corresponding scores can be found posted in*

 *each locker room.*

 *Students who wish to improve on their fitness scores have the opportunity to do so by working with their PE teacher on a Fitness Improvement Plan. A typical Fitness Plan would take place over the 10 week marking period and would involve the student spending*

 *additional time, outside of class, to improve their desired fitness area.*

 *If a student is interested in improving their Fitness scores through the use of the Fitness Plan, they will need to see their individual teacher*

 *for more information.*

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| NYS Standards 1, 2, & 3**ASSIGNMENTS** 10 PTS. |

**\*NYS Standard 1: Students will demonstrate basic competence in a variety of physical activities.**

**\*NYS Standard 2: Students will demonstrate responsible personal and social responsibility.**

 **\* NYS Standard 3: Students will understand and be able to manage their personal and community resources.**