

Riverside Secondary PE 9 Proficiency Assessment



INSUFFICIENT EVIDENCE (IE)	EMERGING (EM)	DEVELOPING (DE)	PROFICIENT (PR)	EXTENDING (EX)
The student has not demonstrated sufficient evidence of learning in relation to the learning standards.	The student demonstrates initial - basic understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates sufficient - occasional understanding of the concepts relevant to the expected learning.	The student demonstrates a comprehensive - consistent understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated - exemplary understanding of the concepts and competencies relevant to the expected learning.



COMPETENCY HEALTHY + ACTIVE LIVING				
Participating daily in physical activity designed to enhance and maintain health components of fitness and understand how healthy choices impact lifelong health and well-being.				
EMERGING	DEVELOPING	PROFICIENT	EXTENDING	
PROFICIENCY This means that...				
<ul style="list-style-type: none"> I will be engaged in a variety of activities and be physically active every day; I will move my body in meaningful way each day. I understand the importance of daily activity, and its connection to my overall personal well-being and health. I will set goals, develop habits, and reflect, to improve my personal health well-being. I will apply the components of health (physical, emotional, social, mental, intellectual, spiritual) and fitness to my personal health goals. 				
STUDENT REFLECTION				
MY STRENGTHS What are things that I am good at? I know this because? (Use evidence and examples) MY GOALS What are things I can get better at? MY PLAN What can I do to achieve my goals? My strengths for PHE semester 1 is I walk a lot and socialize with classmates. I know this because I am always with my friends and they are fun to hang with especially when we are bored we just walk and talk. I also walk and talk to people outside of school. My goal is to improve my physical health and being able to run faster especially when it is a fitness day. My plan to achieve my goal is to believe in myself and next time when I feel like giving up, I will tell myself to never give up.				
TEACHER COMMENTS				

COMPETENCY PHYSICAL LITERACY				
Develop movement skills, abilities, self-awareness, and leadership that will allow students to safely participate in physical activities with others in variety of contexts.				
EMERGING	DEVELOPING	PROFICIENT	EXTENDING	
PROFICIENCY This means that...				
<ul style="list-style-type: none"> I will understand, apply, and refine different movement skills, concepts, and strategies. I understand and will apply methods of monitoring and adjusting my exertion levels in physical activity. I will demonstrate safety, fair play, and leadership in all physical activities. 				
STUDENT REFLECTION				
MY STRENGTHS What are things that I am good at? I know this because? (Use evidence and examples) MY GOALS What are things I can get better at? MY PLAN What can I do to achieve my goals? MY STRENGTHS What are things that I am good at? I know this because? (Use evidence and examples) My strengths are motivating my classmates. When I see one of my classmates giving up I immediately try to motivate them and that is how I motivated myself as well. My goal is encourage making physical activity enjoyable whether I like it or not. My plans to achieve my goal is thinking about making my parents proud and myself. I know this because I want my parents to think that I can do it.				
TEACHER COMMENTS				