

## ***Appendix C***

# ***Physical Education: Kindergarten Sample Assessment Tools***

## Sample Newfoundland and Labrador Physical Education Assessment Tool (K-12)

Student Name: \_\_\_\_\_

<b>Moving and Doing</b>		<b>Understanding and Applying</b>		<b>Cooperation and Responsibility</b>	
<b>Participates in a variety of activities</b> <input type="checkbox"/> comes prepared to participate <ul style="list-style-type: none"> <li>•wears appropriate clothing for the activity</li> <li>•is ready and on time</li> </ul> <input type="checkbox"/> gets involved in activities <input type="checkbox"/> is active		<b>Understands and has the ability to pose and solve movement challenges</b> <input type="checkbox"/> understands the task <input type="checkbox"/> can demonstrate the task (individually and with others) <input type="checkbox"/> helps other students		<b>Demonstrates cooperative and socially responsible behaviors</b> <input type="checkbox"/> cares for the safety of others <input type="checkbox"/> respects personal and public property <input type="checkbox"/> respects others <input type="checkbox"/> encourages appropriate behavior	
<b>Applies body mechanics in movement activities</b> <input type="checkbox"/> Applies developmentally appropriate technique for activities e.g., <ul style="list-style-type: none"> <li>•hand eye coordination (throwing and catching)</li> <li>•basic movement skills (run, jump, roll)</li> </ul>		<b>Understands and applies game and movement concepts</b> <input type="checkbox"/> understands the instructions <input type="checkbox"/> follows instruction <input type="checkbox"/> uses skills and ideas taught in activities		<b>Demonstrates personal responsibility</b> <input type="checkbox"/> shows care for personal safety <input type="checkbox"/> cares for personal health and hygiene <input type="checkbox"/> respects self	
<b>Engaged in movement, motor and athletic skill development activities</b> <input type="checkbox"/> uses movement and athletic skill in a variety of activities <input type="checkbox"/> tries to the best of his/her abilities in activities <input type="checkbox"/> is on task <input type="checkbox"/> works on skill development		<b>Understands and applies group dynamics and concepts of fair play</b> <input type="checkbox"/> contributes to the group <input type="checkbox"/> is a team player <input type="checkbox"/> practices fair play <input type="checkbox"/> practices sportsmanship		<b>Demonstrates leadership and group dynamic skills</b> <input type="checkbox"/> work with and include others during activity <input type="checkbox"/> consider the views of others during games and play <input type="checkbox"/> lead by positive example <input type="checkbox"/> value the contributions of all	
<b>Engages in personal fitness activities</b> <input type="checkbox"/> participates in personal fitness activities <input type="checkbox"/> works to remain physically active <input type="checkbox"/> works on his/her health related fitness (cardiovascular, strength, flexibility, muscular endurance) <input type="checkbox"/> works on his/her skill related fitness (agility, coordination, balance, speed, power, reaction time)		<b>Understands the application and impact of a lifelong active healthy lifestyle</b> <input type="checkbox"/> understands the importance of being active <input type="checkbox"/> is active <input type="checkbox"/> takes responsibility for his/her health <input type="checkbox"/> understands that good eating leads to health		<b>Demonstrates and applies an active healthy lifestyle</b> <input type="checkbox"/> demonstrates that good eating leads to health <input type="checkbox"/> demonstrates that regular physical activity leads to good health <input type="checkbox"/> takes part in regular fitness activities	
<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	
<b>Very Limited – Seldom or Never</b>	<b>Limited – Occasionally</b>	<b>Accomplished – Frequently</b>	<b>Strong – Usually</b>	<b>Outstanding - Consistently</b>	

## Sample Physical Education Evaluation & Assessment Tool

(Source: Bernard Baker - PE Itinerant, Nova Central School District)

Grade/Level: \_\_\_\_\_ Activity: \_\_\_\_\_ Student Name: \_\_\_\_\_

(1) Seldom – Rarely	(2) Emerging - Occasionally	(3) Effective - Usually	(4) Strong - Frequently	(5) Outstanding - Consistently
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Domain: Moving & Doing (25%)					
Evaluative Criteria:	1	2	3	4	5
Attendance & Punctuality (comes prepared for class, on time and has proper attire)					
Participates in a variety of activities					
Applies body mechanics in movement activities					
Engages in movement, motor and athletic skill development activities					
Participates in personal fitness activities					
Works to remain physically active					
Works on his/her health related fitness (cardiovascular, strength, flexibility, muscular endurance)					
Works on his/her skill related fitness (agility, coordination, balance, speed, power, reaction time)					
Domain: Understanding & Applying (25%)					
Evaluative Criteria:	1	2	3	4	5
Understands & has the ability to pose/solve movement challenges					
Understands and applies game and movement concepts					
Understands and applies group dynamics and concepts of fair play					
Understands the application and impact of a lifelong active healthy lifestyle					
Domain: Cooperation & Responsibility (25%)					
Evaluative Criteria:	1	2	3	4	5
Demonstrates cooperative and socially responsible behaviors					
Demonstrates personal responsibility					
Demonstrates leadership and group dynamic skills					
Demonstrates and applies an active healthy lifestyle					

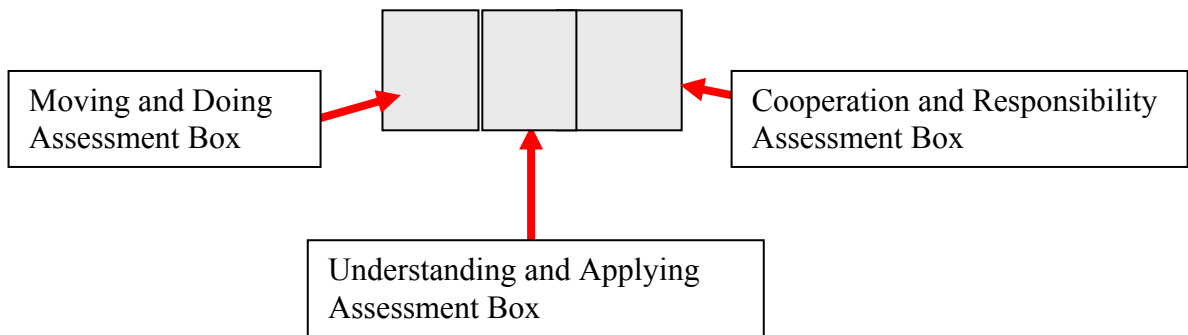
## Physical Education Assessment Tracking Sheet – General Guide

(Source: John Elkins - PE Itinerant, Eastern School District)

- Physical Education teachers are required to develop assessments. The assessment tracking sheet is one possible way to record your observations on a student throughout the course of an activity unit. The design of the tracking sheet allows you to enter text into each box and simply save the changes to store your data.
- Example: At the end of a class you would record the number value in each of the following positions. The values used are as follows:

1 = Seldom - Rarely  
 2 = Emerging - Occasionally  
 3 = Effective – Usually  
 4 = Strong – Frequently  
 5 = Outstanding – Consistently

### Class 1



- Note: It would be unrealistic to think that a teacher could assess every student during every class. One suggestion might be to try to focus in on 4-5 students each class. While you are focusing on these 4-5, you are still making general observations of the whole group and therefore you could record any unusual occurrences that are outside your focus group.**

# Sample Physical Education Assessment Tracking Sheet

(Source: John Elkins - PE Itinerant, Eastern School District)

## Sample 1

Activity:

Starting Date:

Insert Name

Class 1	Class 2	Class 3	Class 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5	Class 6	Class 7	Class 8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Insert Name

Class 1	Class 2	Class 3	Class 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5	Class 6	Class 7	Class 8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Insert Name

Class 1	Class 2	Class 3	Class 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5	Class 6	Class 7	Class 8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Insert Name

Class 1	Class 2	Class 3	Class 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5	Class 6	Class 7	Class 8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sample Physical Education Assessment Tracking Sheet

(Source: John Elkins - PE Itinerant, Eastern School District)

### Sample 2

Activity:

Starting Date:

Activity

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5			Class 6			Class 7			Class 8		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 1			Class 2			Class 3			Class 4		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5			Class 6			Class 7			Class 8		

Activity

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 1			Class 2			Class 3			Class 4		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5			Class 6			Class 7			Class 8		











































Activity

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 1			Class 2			Class 3			Class 4		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class 5			Class 6			Class 7			Class 8		

## Sample Physical Education Teacher Reflection

Grade/Level: \_\_\_\_\_

Student Name: \_\_\_\_\_

Domain: Moving & Doing			
<b>The Physical Education Student.....</b>			
Comes prepared for class on time and wears proper gym clothing			
Participates in a variety of activities			
Applies or uses body mechanics in movement activities			
Takes part in movement, motor and athletic skill development activities			
Participates in fitness activities			
Works hard to remain physically active			
Works to the best of his/her ability to on health related fitness (cardiovascular, strength, flexibility, muscular endurance)			
Works hard to develop skill related fitness (agility, coordination, balance, speed, power, reaction time)			
Domain: Understanding & Applying			
<b>The Physical Education Student...</b>			
Understands & has the ability to pose/solve movement challenges			
Understands and applies game and movement concepts			
Understands and applies group dynamics and concepts of fair play			
Understands the importance and impact of a lifelong active healthy lifestyle			
Domain: Cooperation & Responsibility			
<b>The Physical Education Student...</b>			
Demonstrates cooperative and socially responsible behaviors (treating others with respect)			
Demonstrates personal responsibility (like following the rules)			
Demonstrates leadership and group dynamic skills	