**Grade 11: PPL3O: Fitness Unit Evaluation Tool**

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| **Criteria** | **Beginning to Meet Target (4-5)** | **Approaching Target****(6)** | **Meeting Target****(7-8)** | **Exceeding Target****(9-10)** | **Score****/10** |
| **Teamwork****(Application)** | - Rarely demonstrates positive social behaviours with peers- Doesn’t include others and is thus, unwilling to participate in fitness activities- Prefers to work with a select group of peers. Complains when teams are “unfair”**-** Rarely cooperates with classmates toward a common objective | - Demonstrates some positive social behaviours with peers- Includes others in activities and play- Prefers to work with a select group of peers. Sometime complains when teams are unfair**-** Occasionally cooperates with classmates toward a common objective | - Demonstrates positive social behaviours with most peers- Often includes others in activities and play- Receptive to working with (and against) all peers, regardless of their abilities- Regularly cooperates with classmates toward a common objective | - Demonstrates positive social behaviours with most peers and encourages others to do the same- Always includes others in activities and play- Receptive to working with (and against) all peers, regardless of their abilities. Self-selects opportunities to work with a variety of others- Eagerly cooperates with all classmates toward a common objective |  |
| **Sportsmanship****(Application)** | -Rarely exhibits appropriate etiquette for fitness activities- Never encourages others in class -Has never lead and in-class activities - Infrequently enjoys and creates opportunities for others to enjoy fitness activities | -Sometimes exhibits appropriate etiquette for fitness activities- Seldom encourages others (1 comment/class)- Has yet to lead and in-class activity but demonstrates interest in leadership opportunities- Sometimes enjoys and creates opportunities for others to enjoy fitness activities | - Sometimes exhibits appropriate etiquette for fitness activities- Often encourages others (2 comments/class)-Leads in-class activities (1/class)- Regularly enjoys and creates opportunities for others to enjoy fitness activities | - Always exhibits appropriate etiquette for fitness activities- Often encourages others (3 + comments/class)-Leads in-class activities (2 +/class)- Routinely enjoys and creates opportunities for others to enjoy fitness activities |  |
| **Safety****(Knowledge and Understanding)** | - Does not know or show an interest in making fitness safer for self/others- Never sets up or takes down equipment- Often plays with equipment before class is safely set up. - Have yet to see them remove hazards from the playing area- Does not follow safety rules in class. Putting self and others at risk- Infrequently participates in dynamic warm-up and cool-down activities-Infrequently uses equipment and facilities safely and/or correctly | - Shows an interest in safety but doesn’t help create a safe space for play- Seldom sets up or takes down equipment - Regularly goofing around with equipment before class is safely set up. -Removes some hazards from the playing area (1-2 times)- Sometimes follows safety rules in class. Occasionally putting self and others at risk- Sometimes participates in dynamic warm-up and cool-down activities-Sometimes uses equipment and facilities safely and/or correctly | - Knows and often helps gather safety equipment necessary for this unit- Often sets up equipment -Often removes hazards from the playing area- Does not access the ball bin before the courts are safely set up- Regularly follows safety rules in class. Concerned about safety of self and others- Regularly participates in dynamic warm-up and cool-down activities-Infrequently uses equipment and facilities safely and/or correctly | - Knows and always helps gather safety equipment necessary for this unit- One of the first to class to properly set up equipment-Always check the playing area and removes hazards - Never has accessed the ball bin before the courts are safely set up- Always follows safety rules in class. Attempts to reduce risk of injury to self and others- Always participates in dynamic warm-up and cool-down activities-Infrequently uses equipment and facilities safely and/or correctly |  |
| **Participation****(Application)** | - Prepared for class 1X- Engaged in activity 1X- Has yet to communicate goals for this unit | - Prepared for class 2-4 times- Engaged in activity 2-4times- Has identified a goal and is working towards achieving it | - Prepared for class 5-6 times- Engaged in activity 5-6 times- Has identified many goals and is working towards achieving them | - Prepared for class every day of this unit- Engaged in activity every day of this unit- Always working towards achieving many sport-specific goals.  |  |
| **General Participation****(Application)** | -Consistently late and/or skips class- Demonstrates limited effort and initiative in achieving fitness goals and activities- Unwilling to try new things/activities | - Occasionally late and/or skips class- Demonstrates some effort and initiative in achieving fitness goals and activities-Sometimes willing to try new things/activities | - Regularly and is generally punctual- Demonstrates considerable effort and initiative in achieving fitness goals and activities- Regularly willing to try new things/activities | - Attends every day and is always on time- Demonstrates considerable effort and initiative in achieving fitness goals and activities- Always willing to try new things/activities |  |

**Evaluation 1 Date: Feedback and areas for improvement:**

**Evaluation 2 Date: Feedback and areas for improvement:**