**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:**