

Physical Education – Grade 7

Doing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Movement skills – Gymnasiums and Outdoors (D1 and D9 together with K5)	Frequently adapts fundamental movement skills into complex ones in multiple environments.	Generally adapts fundamental movement skills into complex ones in multiple environments.	Sometimes adapts fundamental movement skills into complex ones in multiple environments.	Rarely adapts fundamental movement skills into complex ones in multiple environments.
Dance Patterns & Creative Movements (D2, D3)	Regularly follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.	Generally follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.	Sometimes follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.	Rarely follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.
Catching and Throwing (D4)	Always catches and throws a variety of objects at varying speeds accurately.	Usually catches and throws a variety of objects at varying speeds accurately.	Occasionally catches and throws a variety of objects at varying speeds with some accuracy.	Never catches and throws a variety of objects at varying speeds with any accuracy.
Striking (D5)	Frequently contacts a variety of objects with varying speeds and accuracy using an implement (i.e., bat, stick, racket).	Generally contacts a variety of objects with varying speeds and accuracy using an implement (i.e., bat, stick, racket).	Sometimes contacts a variety of objects with varying speeds and accuracy using an implement (i.e., bat, stick, racket).	Rarely contacts a variety of objects with varying speeds and accuracy using an implement (i.e., bat, stick, racket).
Tactics & Strategies (D7 together with K5 and K7)	Frequently uses effective tactics and strategies in a variety of games that encompass different rules.	Generally uses effective tactics and strategies in a variety of games that encompass different rules.	Sometimes uses effective tactics and strategies in a variety of games that encompass different rules.	Rarely uses effective tactics and strategies in a variety of games that encompass different rules.
Physical Fitness (D8 together with K1, K2, and K6)	Frequently shows ways to set and achieve attainable goals to improve their individual fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, and Balance).	Generally shows ways to set and achieve attainable goals to improve their individual fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, and Balance).	Sometimes shows ways to set and achieve attainable goals to improve their individual fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, and Balance).	Rarely shows ways to set and achieve attainable goals to improve their individual fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, and Balance).
Evidence	Observations (teacher and peers), checklists, rubrics, fitness testing, video analysis			

Physical Education – Grade 7

Knowing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Physical Fitness (K1, K2, and K6 together with D8)	Frequently demonstrates an understanding of setting and modifying goals for enhancing a physically active lifestyle.	Generally demonstrates an understanding of setting and modifying goals for enhancing a physically active lifestyle.	Sometimes demonstrates an understanding of setting and modifying goals for enhancing a physically active lifestyle.	Rarely demonstrates an understanding of setting and modifying goals for enhancing a physically active lifestyle.
Application of Fitness Components (K3)	Expertly identifies a variety of activities associated with improving the components of health-related fitness.	Adeptly identifies a variety of activities associated with improving the components of health-related fitness.	With support identifies a variety of activities associated with improving the components of health-related fitness.	Is not able to identify a variety of activities associated with improving the components of health-related fitness.
Rules and Guidelines (K4 together with V2)	Frequently follows the rules and guidelines outlined in class and in specific activities.	Generally follows the rules and guidelines outlined in class and in specific activities.	Sometimes follows the rules and guidelines outlined in class and in specific activities.	Rarely follows the rules and guidelines outlined in class and in specific activities.
Evidence	Setting and achieving personal goals, journals, oral or written tests, quizzes, posters, observations (teacher and peers) using checklists, rubrics			

Valuing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Level of Enjoyment (V1 & V3)	In their own words, can thoughtfully express the enjoyment from being physically active.	In their own words, can generally express the enjoyment from being physically active.	In their own words, can slightly express the enjoyment from being physically active.	Is unwilling to express the enjoyment from being physically active.
Cooperative Play (V2 and V6 together with K4)	Frequently shows fair play and etiquette by cooperating with others.	Generally shows fair play and etiquette by cooperating with others.	Sometimes shows fair play and etiquette by cooperating with others.	Rarely shows fair play and etiquette by cooperating with others.
Level of Participation (V4)	Frequently demonstrates a willingness to participate and is always receptive to a variety of activities.	Generally demonstrates a willingness to participate and is always receptive to a variety of activities.	Sometimes demonstrates a willingness to participate and is always receptive to a variety of activities.	Rarely demonstrates a willingness to participate and is always receptive to a variety of activities.
Responsibility of Roles (V5)	Frequently shows responsibility for various roles while participating in physical activity.	Generally shows responsibility for various roles while participating in physical activity.	Sometimes shows responsibility for various roles while participating in physical activity.	Rarely shows responsibility for various roles while participating in physical activity.
Evidence	Discussions, surveys, questionnaires, observations (teacher and peers), journals, portfolios			