

Physical Education Standards-Based Report Card

Student: Esther

Grade: A+

At Conant High School, we follow the national standards established for quality physical education programs. Our aim is to provide the tools needed to live a healthy, active life. We hope you will talk with your child about his/her progress in each area reported here.

2) Understands Movement Concepts

Describes the critical elements of the soccer skills including the dribble, pass, throw-in, and body trap and explains when the skills are used. Describes the rules, strategies, and game tactics used in a soccer game.	A
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4) Achieves and Maintains a Healthy Level of Fitness

	Pre	Post
Cardiovascular Endurance (1 mile run)	HFZ	HFZ
Muscular Strength (push-ups)	HFZ	HFZ
Muscular Endurance (curl-ups)	HFZ	HFZ
Improvement in fitness over the marking period		Yes

5) Exhibits Personal and Social Responsibility

Expressed enjoyment of physical activity and positive social interaction through the daily behavior self-check sheets	A
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6) Participation, Effort, and Preparedness

Exhibited personal responsibility by coming to class prepared with appropriate attire and sneakers and participated in all of the activities with full effort.	A
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Standards 2 & 5 Key:

A = exceeds expectations for program goal
 B = meets expectations for program goal
 C = progressing toward program goal
 D = limited progress toward program goal
 F = little or no attempt to meet program goal

Standard 4 Key:

HFZ = achieves Healthy Fitness Zone
 C = area of health fitness concern

Parent's Signature: _____

Parent's comments:

Teacher Comments:

Esther was a pleasure to have in class. She came every day prepared and ready for class. She showed understanding in the knowledge content by scoring well on the test. She reached the HFZ in all areas and showed great improvement on the post-test. Esther interacted well with her peers and was a great team player.