

Physical Education Standards-Based Report Card

Student: Ben

Grade: 8

At Keene School, we follow the six 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

describe critical elements of the racquet sport skills including the tennis lob, overhand serve, forehand, and backhand and begin to explain when the skills are used	E		
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4) achieves and maintains a healthy level of fitness

Body Composition (BMI-Body Mass Index)	HFZ		
Cardiovascular Endurance (1 mile run)	HFZ		
Muscular Strength (push-ups)	HFZ		
Muscular Endurance (curl-ups)	HFZ		
Flexibility (sit-and-reach)	C		
Improvement in Fitness over the marking period	E		

6) values physical activity

Expressed enjoyment and/or social interaction of physical activity through the alternative assessment writing assignment	M		
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Standards 2 & 6 Key:

- E = exceeds expectations
- M = meets expectations for age/grade level
- P = progressing
- L = limited progress at this time

Standard 4 Key:

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

Teacher Comments:

Ben meets or exceeds goals for physical education in standards 2 and 6. He meets all of the requirements for standard 4 except for flexibility. To help Ben improve in his flexibility, encourage him to stretch daily outside of class. To promote regular participation in physical activity, encourage Ben to try out for the school soccer team, shoot hoops, or any other physical activity that he enjoys.

Parent's Signature: _____

Parent's comments: