

Palmer Physical Education Evaluation

Name _____

S T A N D A R D S	1. MYP candidates demonstrate the understanding of offense and defense skills. Through repetition of movement, students demonstrate movement skills in individual, team and dual sports.	2. MYP candidates learn to identify and appreciate the benefits of fitness and the joy of movement. Through physical movement, the student challenges his/her body to be physically fit.	3. MYP candidates encourage sportsmanship and the rules of fair play through their daily actions. Students self-officiate and encourage respect with one another throughout games and activities.	4. MYP candidates understand the importance of caring for the environment and equipment that is used by many individuals on a daily basis with recreation programs.	5. MYP candidates can identify the principles of fitness and understand the association between having an active lifestyle and chronic disease prevention.
Ninth Grade	10	10	10	10	10

Fitness Scores

Pacer	Mile Run	Push Ups	Sit Ups	Sit & Reach
/	/	/	/	/
BMI	12 min. Swim			
/	/	/	/	/
	Mile Run	5-min. Jump Rope	5-min. Stair Climb	4 – 100 M. sprints
Resting Heart Rate				
Target Heart Rate (70-80%)	/	/	/	/
How many min. to reach recovery heart rate? (drops 40 beats) Heart rate 5 min. after mile run?	/	/	/	/

Palmer High School District 11

MYP/IB Physical Education Performance Assessment

Student Name _____ Class Period _____ Date _____

Criteria ↓	Activity →	Aerobic conditioning: Pacer, mile, step/stairs, h.r., ped walk, technology & fitness (human ingenuity)	Ultimate Frisbee, sportsmanship, throwing – catching skills, Flexibility (yoga, Pilates, dance) Capoeira / Gatorball, speedball, team handball.	Leisure games: (Bocce/croquet, Frisbee golf/ ladder golf, wall ball) Muscular strength: resistance/ universal machines. Create a game.	Swim: strokes, diving, water safety, synchronized swimming, water games. Final project
A: Max 8 Use of knowledge					
B: Max 6 Movement composition					
C: Max 10 Performance					
D: Max 8 Social Skills & personal engagement					
Total: (32)					