



Score a perfect four! Read about what you need to do and then make it happen.

4

Every time I come to physical education class, I treat my teacher and my classmates with respect. I follow all directions and contribute to a positive learning environment. I move my body with control and I respect all equipment. I can use health-related fitness vocabulary in class discussion. I can describe what Tabata is.

3

When I come to physical education class, I treat my teacher and my classmates with respect. I follow all directions with only 1 or 2 reminders, and help everyone stay safe. I move with control and I respect all physical education equipment. I can define the components of health-related fitness. I can describe what Tabata is.

2

When I come to physical education class, I work to treat others with respect. I still need reminders that help me follow directions, but I'm getting better each class. I move safely but sometimes lose control. I respect physical education equipment. I can talk about what health-related fitness is.

1

When I come to physical education class, I need reminders on how to show respect to myself and others. I need a lot of reminders that help me follow directions. Sometimes I forget to respect physical education equipment. I don't really know what health-related fitness is.
