

Grade 3 PE & Health Proficiency Scale Trimester 1

	Novice	Approaching	Proficient	Advanced
Health Concepts	Recognizes effective verbal communication skills or decision making is needed in a health situation.	Identifies effective verbal communication skills or decision making in a health situation.	Identifies effective verbal communication skills and decision making in a health situation. (1.5.1, 1.5.2, 1.5.8, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.5.6)	Not Assessed
Demonstrate Health Skills	Identifies a way to ask for assistance in a health situation with help and support.	Describes ways to ask for assistance in a health situation.	Demonstrate ways to ask for assistance in a health situation. (4.5.1, 4.5.2, 4.5.4, 7.5.1, 7.5.2, 7.5.3)	Not Assessed
Motor Skills and Movement Patterns	Demonstrates with structured help and support some of the attributes of skills including using correct form when jumping forward and backward and striking an object over a net or against a wall.	With help and support, demonstrates basic elements of skills in isolation including using correct form when jumping forward and backward and striking an object over a net or against a wall.	Demonstrates multiple skills including using correct form when jumping forward and backward and striking an object over a net or against a wall. (S1, S2)	Demonstrates consistently using techniques to improve distances for jumping and striking an object with alternating hits with short implement and a partner.
Engagement	Participates occasionally throughout the lesson. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, participates actively throughout the entire lesson. Student will be given 2 reminders before given a mark and receive 5 marks during the trimester.	Actively participates in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness. (S3, S5)	Shows initiative and provides a model for actively participating in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness.
Responsibility	With help and support, occasionally follows rules and procedures and is respectful towards others. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, respectful towards others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback. Student will be given 2 reminders before given a mark and receive 5 marks or less during trimester.	Demonstrates respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts. (S4)	Shows initiative and provides a model for demonstrating respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts.

Grade 3 PE & Health Proficiency Scale Trimester 2

	1 – Novice	2 = Approaching	3 = Proficient	Advanced
Health Concepts	Understands choices and practices affect personal health with help and support.	Identifies choices or practices affect personal health.	Identifies how my choices and practices affect personal health. (1.5.7, 7.5.2)	Not Assessed
Demonstrate Health Skills	Identifies healthy options in a list that promote personal health with help and support.	Explain healthy options that promote personal health.	Demonstrates the decision-making process by listing the healthy option that promote personal health. (5.5.3, 5.5.4, 5.5.5, 5.5.6)	Not Assessed
Motor Skills and Movement Patterns	Demonstrates with structured help and support some of the attributes of skills including using the correct form of leaping, accurately kicking a ball in the air and on the ground, foot and hand dribble with control while jogging, passing a ball with the inside of my foot while standing still, catching a ball from a partner, throwing overhand with correct footing and follow through, volleying/hitting an object over a net, properly striking a ball with a short-handle implement, striking an object with a long handle implement while move forward with correct grip, transferring weight from feet to hands and performing a teacher selected hand routine.	With help and support, demonstrates basic elements in isolation or practice setting using the correct form of leaping, accurately kicking a ball in the air and on the ground, foot and hand dribble with control while jogging, passing a ball with the inside of my foot while standing still, catching a ball from a partner, throwing overhand with correct footing and follow through, volleying/hitting an object over a net, properly striking a ball with a short-handle implement, striking an object with a long handle implement while move forward with correct grip, transferring weight from feet to hands and performing a teacher selected hand routine.	Demonstrates in isolation or practice setting the correct form of leaping, accurately kicking a ball in the air and on the ground, foot and hand dribble with control while jogging, passing a ball with the inside of my foot while standing still, catching a ball from a partner, throwing overhand with correct footing and follow through, volleying/hitting an object over a net, properly striking a ball with a short-handle implement, striking an object with a long handle implement while move forward with correct grip, transferring weight from feet to hands and performing a teacher selected hand routine. (S1, S2)	Demonstrates consistently applying locomotor skills in activities, punting the ball in the air, changing speeds while foot dribbling, passing and receiving a ball when standing using both sides of the foot, catching a ball at different levels from a partner, throwing overhand with proper form, changing speeds, while hand dribbling, hand volleying a ball with two hands strike, using a mature pattern with striking an object with short and long implement with correct form, and transferring weight from feet to hands at different speeds.

Engagement	Participates occasionally throughout the lesson. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, participates actively throughout the entire lesson. Student will be given 2 reminders before given a mark and receive 5 marks during the trimester.	Actively participates in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness. (S3, S5)	Shows initiative and provides a model for actively participating in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness.
Responsibility	With help and support, occasionally follows rules and procedures and is respectful towards others. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, respectful towards others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback. Student will be given 2 reminders before given a mark and receive 5 marks or less during trimester.	Demonstrates respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts. (S4)	Shows initiative and provides a model for demonstrating respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts.

Grade 3 PE & Health Proficiency Scale Trimester 3

	1 – Novice	2 = Approaching	3 = Proficient	Advanced
Health Concepts	Understands outside factors influence my health.	Identifies an influence on personal health.	Identifies the different influences on personal health. (1.5.3, 1.5.6, 2.5.1, 2.5.2, 2.5.3, 2.5.4, 2.5.5, 3.5.1)	Not Assessed
Demonstrate Health Skills	Identifies short-term goals with help and support.	Describes characteristics of short-term goals.	Demonstrates goals setting by creating short-term goals. (6.5.1, 6.5.2, 8.5.1, 8.5.2)	Not Assessed
Motor Skills and Movement Patterns	Demonstrates with structured help and support some of the attributes of skills including using the correct form of leaping, accurately kicking a ball in the air and on the ground, foot and hand dribble with control while jogging, passing a ball with the inside of my foot while standing still, catching a ball from a partner, throwing overhand with correct footing and follow through, volleying/hitting an object over a net, properly striking a ball with a short-handle implement, striking an object with a long handle implement while move forward with correct grip, transferring weight from feet to hands and performing a teacher selected hand routine.	With help and support, demonstrates basic elements of skills including using the correct form of leaping, accurately kicking a ball in the air and on the ground, foot and hand dribble with control while jogging, passing a ball with the inside of my foot while standing still, catching a ball from a partner, throwing overhand with correct footing and follow through, volleying/hitting an object over a net, properly striking a ball with a short-handle implement, striking an object with a long handle implement while move forward with correct grip, transferring weight from feet to hands and performing a teacher selected hand routine.	Demonstrates in group setting the correct form of leaping, accurately kicking a ball in the air and on the ground, foot and hand dribble with control while jogging, passing a ball with the inside of my foot while standing still, catching a ball from a partner, throwing overhand with correct footing and follow through, volleying/hitting an object over a net, properly striking a ball with a short-handle implement, striking an object with a long handle implement while move forward with correct grip, transferring weight from feet to hands and performing a teacher selected hand routine. (S1, S2)	Demonstrates consistently applying locomotor skills in activities, punting the ball in the air, changing speeds while foot dribbling, passing and receiving a ball when standing using both sides of the foot, catching a ball at different levels from a partner, throwing overhand with proper form, changing speeds, while hand dribbling, hand volleying a ball with two hands strike, using a mature pattern with striking an object with short and long implement with correct form, and transferring weight from feet to hands at different speeds.
Engagement	Participates occasionally throughout the lesson. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, participates actively throughout the entire lesson. Student will be given 2 reminders before given a mark and receive 5 marks during the trimester.	Actively participates in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness. (S3, S5)	Shows initiative and provides a model for actively participating in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness.

Responsibility	<p>With help and support, occasionally follows rules and procedures and is respectful towards others. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.</p>	<p>With help and support, respectful towards others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback. Student will be given 2 reminders before given a mark and receive 5 marks or less during trimester.</p>	<p>Demonstrates respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts. (S4)</p>	<p>Shows initiative and provides a model for demonstrating respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts.</p>
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