

# Kindergarten PE & Health Proficiency Scale Trimester 1

	<b>Novice</b>	<b>Approaching</b>	<b>Proficient</b>	<b>Advanced</b>
<b>Health Concepts</b>	Identifies safety equipment or dangerous situations with help and support.	Identifies safety equipment or dangerous situations.	Identifies ways to prevent common childhood injuries.	Not Assessed
<b>Demonstrating Health Skills</b>	Identifies a way to prevent contagious diseases with help and support.	Identifies ways to prevent contagious diseases.	Demonstrates ways to prevent contagious diseases.	Not Assessed
<b>Motor Skills and Movement Patterns</b>	Demonstrates with structured help and support some of the attributes of skills including jumping, walking, hopping, running, sliding, and skipping while staying balanced, kicking a ball from a stop position, hitting a light-weight object up, balancing on different bases of support, and following my teacher moving to music.	With help and support, demonstrates basic elements of skills including jumping, walking, hopping, running, sliding, and skipping while staying balanced, kicking a ball from a stop position, hitting a light-weight object up, balancing on different bases of support, and following my teacher moving to music.	Demonstrates multiple skills including jumping, walking, hopping, running, sliding, and skipping while staying balanced, kicking a ball from a stop position, hitting a light-weight object up, balancing on different bases of support, and following my teacher moving to music.	Demonstrates consistently using correct form when hopping, galloping, jogging, and sliding, jumping forward using arms and landing with bent knees, walking up to a ball and kicking it forward, hitting a light-weight object up with open palm, transferring weight from one body part to another, and following by teacher doing combinations to music.
<b>Engagement</b>	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.	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.
<b>Responsibility</b>	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.	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.

# Kindergarten PE & Health Proficiency Scale Trimester 2

	<b>Novice</b>	<b>Approaching</b>	<b>Proficient</b>	<b>Advanced</b>
<b>Health Concepts</b>	Identifies a healthy habit and understands a body needs food, sleep, and exercise.	Identifies a healthy habit and understands a body needs food, sleep, and exercise.	Identifies healthy habits and understands why a body needs food, sleep, and exercise.	Not Assessed
<b>Demonstrating Health Skills</b>	Understands that some food is healthy.	Identifies healthy and unhealthy food.	Identifies healthy and unhealthy foods.	Not Assessed
<b>Motor Skills and Movement Patterns</b>	Demonstrates with structured help and support some of the attributes of skills including tapping a ball using the inside of my foot, throwing underhand with correct footing, dropping a ball and catching it before another bounce, attempting to dribble the ball more than once, striking an object with a paddle, and doing a single jump with a jump rope.	With help and support, demonstrates basic elements in isolation or practice setting tapping a ball using the inside of my foot, throwing underhand with correct footing, dropping a ball and catching it before another bounce, attempting to dribble the ball more than once, striking an object with a paddle, and doing a single jump with a jump rope.	Demonstrates in isolation or practice setting tapping a ball using the inside of my foot, throwing underhand with correct footing, dropping a ball and catching it before another bounce, attempting to dribble the ball more than once, striking an object with a paddle, and doing a single jump with a jump rope.	Demonstrates consistently tapping a ball from the inside of foot while walking, throwing understand with correct form, catching self-toss and a teacher, hand dribbling consistently with dominant hand, striking ball upward, and performing repeated jumps with jump rope.
<b>Engagement</b>	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.	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.

<b>Responsibility</b>	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.	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.
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# Kindergarten PE & Health Proficiency Scale Trimester 3

	Novice	Approaching	Proficient	Advanced
<b>Health Concepts</b>	Identifies a characteristic of healthy relationships with help and support.	Identifies characteristics of healthy relationships.	Identifies characteristics of healthy relationships with family, peers, and other adults.	Not Assessed
<b>Demonstrating Health Skills</b>	Recognizes I need to ask an adult for permission with help and support.	Identifies how to ask an adult for permission.	Demonstrates how to ask an adult for permission.	Not Assessed
<b>Motor Skills and Movement Patterns</b>	Demonstrates with structured help and support some of the attributes of skills including hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope.	With help and support, demonstrates basic elements of skills in isolation including tapping a ball using the inside of my foot, throwing underhand with correct footing, dropping a ball and catching it before another bounce, attempting to dribble the ball more than once, striking an object with a paddle, and doing a single jump with a jump rope.	Demonstrates in group setting tapping a ball using the inside of my foot, throwing underhand with correct footing, dropping a ball and catching it before another bounce, attempting to dribble the ball more than once, striking an object with a paddle, and doing a single jump with a jump rope.	Demonstrates consistently tapping a ball from the inside of foot while walking, throwing understand with correct form, catching self-toss and a teacher, hand dribbling consistently with dominant hand, striking ball upward, and performing repeated jumps with jump rope.
<b>Engagement</b>	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.	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.

<b>Responsibility</b>	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.	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.
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