Introduction

The Orchard Park High School Physical Education Department has put together eight projects/options for students who are on home instruction or for students who will be inactive for at least 10 weeks of physical education. All grading should be consistent with the 1-5 grading rubric used in physical education classes (See Below).

Table of Contents:

Inactive Options:

1. Non-Fiction Book Report
2. Fictional Book Report
3. Public relations Director
4. Medical Injury/Illness Analysis

Active Options:

1. Muscular Strength Improvement
2. Cardiovascular Improvement
3. Flexibility Improvement
4. Individual or Small Group Activities

OPHS Physical Education Grading Rubric

LEVEL 5: GRADE = 100

The student *always* demonstrates self-control and the utmost respect for others. The student models fair play, leadership and empathy towards others, and conducts him/herself safely and appropriately.

LEVEL 4: GRADE = 90

The student *consistently* shows self-control and respect for others.

He/she consistently demonstrates fair play and assumes responsibility for conducting

the activity safely and appropriately.

LEVEL 3: GRADE = 80

The student *maintains* self-control and respect for others. The student meets the participation requirements but may show inconsistencies in following the rules and etiquette of the activity.

LEVEL 2: GRADE = 70

The student needs reminders regarding fair play, rules, and etiquette. Teacher intervention may be required, although the student generally shows respect for others and a willingness to participate.

LEVEL 1: GRADE = 60

The student does not maintain self-control, inhibiting the learning process for others.

The student does not respond to teacher intervention.

His/her actions do not contribute to a safe and healthy environment.

Grading Written Work: All written work should be graded on a 1-5 scale. Rubrics have been included for all written projects for your convenience. For example: If a student receives a 4.5out of 5 on their project they will receive a 95 as their grade for the quarter. If they receive 4 out of 5 they should receive an 80 for the quarter.