



St. Thomas Aquinas Catholic High School

PAF 30/40 Personal Fitness



| 40% | Application & Communication | Level 4 | Level 3 | Level 2 | Level 1 |
|-----|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| | Physical improvement, working hard | consistently strive for personal best | consistently demonstrate a determined effort | work hard with encouragement | occasionally work hard (e.g., goes through motions) |
| | Having uniform & arrival on time | Always ready on time with appropriate equipment | Consistently ready on time with appropriate equipment | Usually ready on time with appropriate equipment | Seldom ready on time with appropriate equipment |
| | On task - not fooling around | encourage others to stay on task | stay on task | sometimes distracted from task and sometimes distract others | easily distracted from task and often distract others |
| | Social skills & group work | initiate change in partners or groups to solve conflict or address an imbalance | Participate with anyone in class | with encouragement partner with those outside peer group | hesitantly play or interact with students outside peer group |
| | Safe participation | promote safe play and appropriate behavior to others | consistently participate safely | occasionally participate safely | with encouragement participate safely |
| | Language & respect | consistently respect the decisions made by teachers and students and uses appropriate language | respect the decisions made by teachers and students and uses appropriate language | usually respect the decisions made by teachers and students and uses appropriate language | with encouragement respect the decisions made by teachers and students and uses appropriate language |
| | Readiness to participate Number of unjustified days absent—> | Always takes part in class activities 0 1 2 | Consistently takes part in class activities 3 4 5 | Usually takes part in class activities 6 7 8 | Seldom takes part in class activities 9 10 11 |

| 30% | Knowledge and understanding | Level 4 | Level 3 | Level 2 | Level 1 |
|-----|--------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------|
| | Principles of fitness training | Consistently demonstrates knowledge of the principles of fitness training | Often demonstrates knowledge of the principles of fitness training | Seldom demonstrates knowledge of principles of fitness training | Rarely demonstrates knowledge of the principles of fitness training |
| | Etiquette | independently follow the etiquette associated with a fitness facility and encourage others to do so | follow the etiquette associated with a fitness facility | mostly follow the etiquette associated with a fitness facility | seldom follow etiquette associated with a fitness facility |
| | Fitness technique | Consistently use proper technique in a variety of fitness activities | Often use proper technique in a variety of fitness activities | Seldom use proper technique in a variety of fitness activities | Rarely use proper technique in a variety of fitness activities |
| | Healthy Living | demonstrates thorough knowledge and understanding of health related issues | demonstrates considerable knowledge and understanding of health related issues | demonstrates some knowledge and understanding of health related issues | demonstrates limited knowledge and understanding of health related issues |

| 20% | Knowledge and understanding | Level 4 | Level 3 | Level 2 | Level 1 |
|-----|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| | Paper & Pencil Assessments | All written work is complete, accurate, and neatly done (labs, log book, study questions, assignments) Written Tests 82%-100% | All written work is complete with minimal deficiencies/errors. Written tests 72%-79% | The majority of the written work has been attempted and/or completed and is legible. Written Tests 62%-69% | The written work is partially completed and may be inaccurate and/or illegible . Written tests 52%-59% |
| 10% | Fitness Tests | Average of Level 4 on all 5 fitness tests | Average of Level 3 on all 5 fitness tests | Average of Level 2 on all 5 fitness tests | Average of Level 1 on all 5 fitness tests |



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Learning Skills

| | Excellent 5 days a week | Good 4 days a week | Satisfactory 3 days a week | Needs Improvement 1-2 days a week |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Responsibility | Always in Phys. Ed Uniform | Regularly in uniform | Sometimes in uniform | Infrequently in uniform |
| Organization | Always has his/her class work complete | Regularly has his/her class work complete | Sometimes has his/her class work complete | Infrequently has his/her class |
| Independent Work | Always begins warmup/workout promptly, remains on task and requires no prompting | Regularly begins warmup/workout promptly, remains on task and requires little prompting | Sometimes begins warmup/workout promptly, remains on task most of the time and requires some prompting | Rarely begins warmup/workout promptly, often does not remain on task and requires constant prompting |
| Collaboration | Always shares equipment, works extremely well with others, provides encouragement & always assists others with setup & clean up | Regularly shares equipment, works well with others, provides encouragement to others & regularly assists others with setup & clean up | Sometimes shares equipment, sometimes works well with others, provides little encouragement to others & assists others with setup & clean up (only when directed by teacher) | Rarely shares equipment, doesn't work well with others, provides no encouragement to others & rarely assists others with setup & clean up |
| Initiative | Always seeking out ways to assist during class (set-up & clean-up equipment) helping classmates & always seeking new ways to workout | Regularly seeking out ways to assist during class (set-up & clean-up equipment) helping classmates & regularly seeking new ways to workout | Sometimes seeking out ways to assist during class (set-up & clean-up equipment) sometimes helping classmates & sometimes seeking new ways to workout & train | Rarely seeking out ways to assist during class (set-up & clean-up equipment) rarely helping classmates & rarely seeking new ways to workout & train |
| Self- Regulation | Always asks for clarification when concepts are not clear or understood – arrives to independent workouts prepared and organized | Regularly asks for clarification when concepts are not clear or understood – regularly arrives to independent workouts prepared and organized | Sometimes asks for clarification when concepts are not clear or understood – sometimes arrives to independent workouts prepared and somewhat organized | Rarely asks for clarification when concepts are not clear or understood – rarely arrives to independent workouts prepared and organized |

I am very pleased to be your child's PAF 30/40 Personal Fitness teacher this semester. If at any time you have questions about the course or your child's progress, **please do not hesitate to contact me**. I check my email daily and therefore that may be the easiest method of contacting me however you may also phone me if you wish.

Mrs. Penny Longval

Physical Education & Athletics

SHSM: Health & Wellness Lead Teacher

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Physical Education & Athletics

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