

Redland Middle School 7th & 8th Grade Physical Education Grading Policy

Grading Policy: Weekly grades will assess 3 categories, **Health Related Fitness, Movement Skills and Concepts, and Personal and Social Responsibility.** These daily grades will be based on a 10, 9.5, 8.5, 7.5, and 0 rubric. Grading is based on how well the student demonstrates understanding and application of course skills and concepts (2003 MCPS Policy IKA: Grading and reporting). Active participation is required to demonstrate learning.

	Application of Health Related Fitness Concepts (10 Points)	Application of Movement Skills Concepts (10 Points)			Application of Personal & Social Responsibility Concepts (10 Points)
		Application of Skills	Application of Strategy	Application of Rules & Conventions	
10	Consistently applies overload, progression and specificity concepts to improve health related fitness	<ul style="list-style-type: none"> Skills are automatic in a dynamic opened movement setting, rather than in a static setting with errors Tactics and strategies are automatic in a dynamic opened movement setting, on the ball and off the ball Helps others to communicate, interpret, and follow rules and game procedures without assistance 			Consistently and responsibly performs energetically in athletic position; remains self-directed; promotes teamwork and sportsmanship
9.5	Often applies overload, progression and specificity concepts to improve health related fitness	<ul style="list-style-type: none"> Skills can be performed in dynamic, opened movement settings Often applies most offensive/defense concepts on the ball and off the ball but with some hesitation/delay Observes most rules and conventions correctly without assistance 			Often and responsibly performs energetically in athletic position; remains self-directed; promotes teamwork and sportsmanship
8.5	Sometimes applies overload, progression and specificity concepts to improve health related fitness	<ul style="list-style-type: none"> Skills can be performed in static, closed movement settings Shows some application of offensive/defensive concepts, on the ball and off the ball but inconsistently Observes major rules and important conventions of play w/ minimal assistance from others 			Sometimes and responsibly performs energetically in athletic position; remains self-directed; promotes teamwork and sportsmanship needs some prompts
7.5	Rarely applies overload, progression and specificity concepts to improve health related fitness	<ul style="list-style-type: none"> Skills are performed with errors in static, closed movement settings Rarely applies an on the ball and off the ball offensive/defensive concepts. Needs assistance from others in order to participate correctly 			Rarely and responsibly performs energetically in an athletic position; remains self-directed; promotes teamwork and sportsmanship needs frequent prompts
0	Never applies overload, progression and specificity concepts to improve health related fitness	<ul style="list-style-type: none"> Does not attempt skills Never applies on the ball and off the ball offensive/defensive concepts Does not observe rules and conventions of the activity 			Never performs energetically or remain self-directed Unable to control behavior, argumentative, no sportsmanship

Weekly Grades

- Movement Skills and Concepts (MSC) = 10 points
- Personal and Social Responsibility (PSR) = 10 points
- Health Related Fitness (HRF) = 10 points