

Progress Report

Physical Education Program (PEP)

Student: 

Teacher: Mr. Forbes


Date: May 7, 2009

Secondary students are encouraged to learn a variety of specialized sports skills in physical education. The following areas reflect major program standards. Expectations are that your child will perform at or above developmental level (compared to other students the same age) by the end of the year.


Physical and Motor Skill Assessment

Performance Level
Above At Below




Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Over the course this Spring I have watched your child through the Badminton Unit to see where his development on motor skills and movement patterns are currently at. Based on what I have seen, from , he is achieving the specific performance criteria for the following badminton skills: Serve, Clears, Smashes, and the Drop Shots. He uses the correct motor skills and movement patterns to correctly achieve the skills listed above.

Participates regularly in physical activity.

 participates regularly in physical activity and does an excellent job of doing all of the activities that are asked of him. He does an excellent job of bringing in his gym shorts each week and always seems eager to try harder activities each week. Luke is a pleasure to have and is a great student to have in class.

Achieves and maintains a health-enhancing level of physical activity.

 level of physical activity is outstanding. I would like to congratulate him on improving in nearly all of his areas on the Fitness Gram. He worked very hard on achieving the goals that we set at the beginning of the semester and he really outperformed himself. The only area of concern that I may have for  is his flexibility. His flexibility is not bad at all, it just decreased from the previous semester. I would encourage  to stretch about 3 times a week and hold each stretch for about 20 seconds. Just keep working hard because you are doing an awesome job!

Social Skills Assessment


Students are evaluated on social skills and responsible behavior in physical education. Grades are based on how students perform in these areas.

Outstanding (O): Exhibits effort and a positive attitude about participating in physical activities on a regular basis. Cooperates with classmates and receives no more than one behavior consequence during the evaluation period.


Satisfactory (S): Willingly attempts activities. Put forth average effort, displays a positive attitude, cooperates with classmates, and receives two to five behavior consequences during evaluation period.

Needs Improvement (N): Consistently exhibits off-task behavior and/or a negative attitude. Has difficulty cooperating with classmates. Receives more than five behavior consequences during the evaluation period.

	O	S	N
Exhibits responsible personal and social behavior that respects self and others in physical activity settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 does excellent job of respecting self and others in the class. He is willing to work with anyone and does a great job working with others. He shows great teamwork and has shown leadership skills as well.

Values physical activity for health, enjoyment, challenge, and self-expression, and/or social interaction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 shows great pride in himself and what he does in the classroom. He seems to really enjoy class and is always willing to do what is asked of him. He challenged himself in Fitness Gram to beat his fall scores and he really outperformed himself! He is a wonderful student to have in class and keep up the good work!