



Sports Fitness: Year in Review

It's time to think about your year in sports fitness class. You will answer questions and fill out a table as a reflection on your participation, your achievement, success and challenges you have faced this year.

This is your opportunity to express your feelings, perceptions and attitudes about your experience in sports fitness.

Your assignment must include the following (IN THIS SPECIFIC ORDER):

- A cover page (Title of the assignment, your name, presented to, class section) along with a picture of you participating in some type of physical activity.
- All the questions answered in the order as they appear on this sheet.
- The self evaluation filled out.
- It must be typed, formatted nicely and stapled.

Section A: My Fitness Level (1 short paragraph for each)

1. The one area of fitness where I improved upon the most this year was? Explain why and how?
2. An area of fitness I can improve on going forward is? Explain why and how?
3. The fitness test I found the most challenging this year was? Why?
4. During the year, I was most proud of myself when... Be specific!

Section B: My Group Projects (1 short paragraph for each)

1. My favourite group project was? Explain why?
2. The most challenging thing about group projects in Sports Fitness is? Why?
3. During the group projects what was the single thing that brought you out of "your comfort zone" the most? Explain what and why?



Section C: My Class Activities (1 short paragraph for each)

1. My favourite sport we played was? Explain why?
2. My favourite class during the year was? Explain why?
3. My least favourite class during the year was? Explain why?

Section D: Attitude, Participation, Preparedness and Cooperation in class

1. Write a long paragraph reflection on which of the following components you feel are your best and which, if any will need improvement. Describe what changes need to occur.
 - Attitude
 - Participation
 - Preparation
 - Cooperation
2. Detach the rubric, fill it out and staple it in as **the last page of your assignment.**





Sports Fitness Self-Evaluation

	Always (5)	Consistently (4)	Inconsistently (3)	Rarely (2)	Never (1)
Attitude	Always models exemplary attitude, accepts winning and losing respectfully, always respectful to classmates.	Consistently demonstrates positive attitude, shows respect for teacher and peers most of the time.	Inconsistently demonstrates positive attitude, plays well when on winning or when being observed by the teacher. Inconsistently respectful.	Rarely respectful, bends rules to suit self, displays frustration and anger towards others. Celebrates mistakes of others.	Never respectful, physically or verbally abuses others, doesn't follow rules. Complains about tasks, only concerned about him/herself.
Participation	Always gives best effort, models a high level of participation, self motivated, committed to improving personal fitness, encourages others.	Consistent effort, good level of participation, displays quality movement during game play, stays on task, maintains personal fitness.	Inconsistent participation, puts forth minimum effort, contributed little to team play, does not work hard enough to improve personal fitness.	Rarely puts forth effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation.	Avoids participation, excessive socialization, off task, interferes with others learning. Displays a poor attitude towards activity.
Preparation	Always has excellent attendance and is always on time to class. Is prepared for class ie: running shoes, PE clothing, hair tied up, etc.	Consistently has good attendance. Almost always on time for class. Prepared for class with PE clothing and running shoes most of the time.	Fair attendance, frequently late. Inconsistently prepared for class with proper shoes and PE clothing.	Rarely prepared with running shoes and proper PE clothing. Often late or absent.	Consistently late or absent. Does not change into PE clothing or running shoes. Repeatedly comes up with excuses.
Cooperation	Always cooperates with others, positive and fair game play, always follows rules and stays on task. Treats equipment with care and models self-control.	Consistently supportive of all students in class, displays cooperation, follows directions, consistent active listener, follows rules, treats equipment with care, stays on task most of the time.	Inconsistently listens and follows directions, sometimes cooperates with others, follows rules, uses equipment appropriately, and stays on task sometimes.	Rarely stays on task and follows directions. Talks during instructions, ignores rules, argues with others, negative comments directed towards others, usually uncooperative.	Interrupts teacher when talking, abuses equipment, disrespects rules, a danger to others in class, refuses to stay on task, uncooperative.

