Physical and Health Education Exemplar Comments

**Subject: Physical Education**

**Grade: Grade One**

**Proficiency Scale: Not Yet Meeting Expectations**

Monica is learning that daily physical activity is an important part of healthy living. She is working to develop her non-locomotor and locomotor fundamental movement skills; such as balancing, jumping, and hopping. She is learning the safety rules of the gym and responds well to positive reminders to work cooperatively with others during group activities and games. Monica has learned about her body and how it reacts during different physical activities. She is learning why it is important to eat from a variety of food groups. With support, Monica can identify different parts of the body. Monica recognizes the ways members of her family nurture, love, and care for her. In the coming year, continuing to develop Monica’s fundamental movement skills will be a focus. She will benefit from daily practice at school, coupled with support and practice at home. Fundamental movement skills can be supported at home by having Monica engage in increased daily outdoor physical play. Playing games with family and providing playtime with peers (such as board games and co-operative challenges) will provide opportunities for her to develop her ability to cooperate positively in a variety of activities. Books about the human body and playing games like “Simon Says,” will provide opportunities for her to learn about parts of the body.

**Subject: Physical Education**

**Grade: Grade One**

**Proficiency Scale: Approaching Expectations**

Monica is learning that daily physical activity is an important part of healthy living. She demonstrates proper technique performing fundamental movement skills; such as balancing, jumping, and hopping on two feet. She demonstrates an understating of the safety rules of the gym and responds well to positive reminders to work cooperatively with others during group activities. Monica has learned about her body and how it reacts during different physical activities. With support, she can explain why it is important to eat from a variety of food groups. Monica can identify different parts of the body and with prompting, can identify the difference between appropriate and inappropriate touch. Monica recognizes the ways members of her family nurture, love, and care for her. In the coming year, Monica will continue to further develop specific fundamental movement skills; such as balancing and hopping on one foot. These are skills that can be supported at home by having Monica engage in daily outdoor physical play. Playing games with her family and peers (such as board games and co-operative challenges) will provide her increased opportunities to practice working cooperatively with others.

**Subject: Physical Education**

**Grade: Grade One**

**Proficiency Scale: Meeting Expectations**

Monica understands that daily physical activity is an important part of healthy living. She demonstrates proper technique for non-locomotor and locomotor fundamental movement skills; such as balancing, jumping, and hopping. She consistently demonstrates safety, fair play, and leadership during group activities and cooperative games. Monica has learned about her body, and she can articulate how it reacts during different physical activities. She is able to communicate why it is important to eat from a variety of food groups. Monica can also identify many different parts of the body, and she can explain the difference between appropriate and inappropriate touch. She is a respectful student and can identify people who nurture, love, and care for her. Monica can continue to be supported at home by engaging in daily outdoor play, where she will continue to develop her fundamental movement skills in the natural environment.

**Subject: Physical Education**

**Grade: Grade One**

**Proficiency Scale: Exceeding (Extending) Expectations**

Monica understands that daily physical activity is an important part of healthy living. She demonstrates skilled technique while performing non-locomotor and locomotor fundamental movement skills; such as balancing, jumping, and hopping on one foot. She consistently demonstrates safety and fair play during group activities and cooperative games. Monica confidently demonstrates leadership during individual and cooperative activities. Monica can articulate different ways her body reacts during a variety of physical activities. She is able to clearly communicate why it is important to eat from a variety of food groups. Monica can also identify many different parts of the body, and she can articulate the difference between appropriate and inappropriate touch. She is a respectful and kind student, who can identify people in her life who nurture, love, and care for her. Monica can be supported at home by providing books about the human body which will continue to support her knowledge and love of learning in these areas.