**Grade 9/10 Health and Physical Education**

**Assessing your Participation: 5 marks per day**

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| **Category** | **Clothing** | **Warm-up** | **Participation** | **Safety** | **Social** |
| Criteria | Wears appropriate clothing needed for physical activity | Actively participates in heart and muscle warm up | Demonstrates effort in **ALL** activities and stays on task | Demonstrates safe and correct procedures and use of equipment | Demonstrates appropriate behaviourEx. Cooperation, respect, and working well with others. |

Each student starts each class with a 5. It is up to them to keep it.

Students will lose 1 mark for each category if not following the criteria.

Example: No gym clothes (Clothing-1), Pushing other students during a game (Safety-1) – Student receives a 3 out of 5 for the day.