

# Blaine Elementary School PE Program Report

A WA State Health/Fitness Standards Based Program  
Mr. Dan Persse - Physical Education Teacher - A NASPE STARS Program

**Student: Jordan Smith**

Classroom Teacher: Mr. Jones

www.blaine.k12.wa.us/bes/bespe/

## Key to Symbols

4 = Exceeding Standard  
3 = Meeting Standard  
2 = Below Standard - Occassionally  
1 = Below Standard  
Z = No Work completed  
NA = Not Assessed (absent/injury)

### EALR 1.0 - Component 1.1- Develops motor skills and movement concepts as developmentally appropriate.

	Tri 1	Tri 2	Tri 3
Demonstrates movement skill combinations in group activities. (Tennis Unit - Tri 1)	<input type="checkbox"/>		
Demonstrates a variety of balance and control skills in group activities.(Traverse Rock Wall - Tri 2)		<input type="checkbox"/>	
Demonstrates manipulative skills using a variety of objects in lead-up group activities.(Juggling/Jump (Roping/Cup-stacking Unit - Tri 3)			<input type="checkbox"/>
Demonstrates manipulative skills using a variety of objects in group activities.(Volleyball Unit - Tri 3) -			<input type="checkbox"/>
Demonstrates mature patterns and smooth transitions between movement skills in group activities (Womba-ball Unit - Tri 3)			<input type="checkbox"/>

### Analyzes safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment:

	Tri 1	Tri 2	Tri 3
Component 1.2.1: Points out role in maintaining a safe learning environment;	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Component 1.2.2 Applies social skills necessary for effective participation in physical activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### EALR 1.0 - Component 1.3 - Understands the components of health-related physical fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance: Student demonstrates IMPROVEMENT on their OWN Fitness Test score over a 5-6 week period of effort and participation in and outside of PE

Shuttle Run (Tri1)  Curl-ups (Tri 2)  Sit and Reach (Tri 3)  Push-ups (Tri 3)  1/2-mile Run/jog (Tri 3)

### EALR 4.0 - The student effectively analyzes personal information to develop individualized health and fitness plans: Component 4.1 - Analyzes personal health and fitness information; Component 4.2 - Develops and monitors a health and fitness plan; GLE 4.2.1 Creates goals for improving health and fitness practices.

Fitfolio "My Fitness Pre-Test / Post-Test" homework Assignments 1-6 (P.96-105):

Assignment 1, 2  
Assignment 3, 4  
Assignment 5, 6

<input type="checkbox"/>		
	<input type="checkbox"/>	
		<input type="checkbox"/>

### Body Mass Index Assessment (See attached sheet for further information)

Body Mass Index score: FALL  LATE SPRING  Also, see FitnessGram Spring Report

