

Physical Education Assessment

Date _____

Check appropriate rating below.

Activity _____

	Excellent	Satisfactory	Needs Improvement
Warm up stretching	_____	_____	_____
Participates well with others	_____	_____	_____
Likes learning new sports	_____	_____	_____
Moves in planned sequence	_____	_____	_____
Demonstrates competency in many form movements	_____	_____	_____
Physically active	_____	_____	_____
Good physical shape	_____	_____	_____
Listens to instructions	_____	_____	_____
Demonstrates ability to follow instructions given	_____	_____	_____
Can give others instructions	_____	_____	_____
Encourages others to participate	_____	_____	_____
Good endurance	_____	_____	_____
Responds well to criticism and guidance	_____	_____	_____
Cool down stretching	_____	_____	_____
Utilized as an opportunity for enjoyment, a challenge, and self-expression	_____	_____	_____