

Recess Exercise Assignment 2018-2019

First Name: _____

First Name: _____ Last Name: _____ Grade: _____ Room #: _____ Elective (7th/8th only) : _____

Grade: _____

Standard Objective: Student will be able to self-assess and reflect upon his or her own exercise habits on a daily basis in order to create a healthy lifelong habits.

Elective (7th/8th only) : _____

Assessment Rubric for Recess Assignment in Physical Education / Health

3 points	2 points	1 point
<ul style="list-style-type: none"> I exercised* for more than 50% of the time during recess. 	<ul style="list-style-type: none"> I exercised* for less than 50% of the time during recess. 	<ul style="list-style-type: none"> I did not do any exercise* during recess. I did not follow the Boone 5**.
<p>Student Followed the Boone 5** during recess. Followed the Boone 5** during recess. Followed the Boone 5** during recess.</p>		

Quarter 1: DUE DATE 10/19/2018 by 12pm

9/4	9/5	9/6	9/7	9/10	9/11	9/12	9/13	9/14	9/17	9/18	9/19	9/20	9/21	9/24	9/25	9/26	9/27	9/28	10/1	10/2	10/3
10/4	10/5	10/9	10/10	10/11	10/12	10/15	10/16	10/17	10/18	10/19											

Quarter 2: DUE DATE 12/21/2019 by 12pm

10/22	10/23	10/24	10/25	10/26	10/29	10/30	10/31	11/1	11/5	11/6	11/7	11/8	11/9	11/13	11/15	11/16	11/19	11/20	11/26
11/27	11/28	11/29	11/30	12/3	12/4	12/5	12/6	12/7	12/10	12/11	12/12	12/13	12/14	12/17	12/18	12/19	12/20	12/21	

Quarter 3: DUE DATE 3/1/2019 by 12pm

1/7	1/8	1/9	1/10	1/11	1/14	1/15	1/16	1/17	1/18	1/22	1/23	1/24	1/25	1/28	1/29	1/30	1/31	2/4	2/5
2/6	2/7	2/8	2/11	2/12	2/13	2/14	2/15	2/19	2/20	2/21	2/22	2/25	2/6	2/27	2/28	3/1			

Quarter 4: DUE DATE 5/3/2019 by 12pm

3/4	3/5	3/6	3/7	3/8	3/11	3/12	3/13	3/14	3/15	3/18	3/19	3/20	3/21	3/22	3/25	3/26	3/27	3/28
3/29	4/1	4/2	4/3	4/4	4/8	4/9	4/11	4/12	4/22	4/23	4/24	4/25	4/26	4/29	4/30	5/1	5/2	5/3

Quarter 1 Grade	Quarter 2 Grade	Quarter 3 Grade	Quarter 4 Grade

* Exercise is any form of movement (e.g., walking, running, tag, basketball, bean bag toss, four square, hula hoops, pushups, etc).

** Be respectful, be responsible, be caring, be safe, be your best. For more details see: <http://www.pescholars.com/student-expectations.html>

Only rule in physical education and health: "Early is on time, on time is late, late is unacceptable." **WE ACCEPT ASSIGNMENTS TWO WEEKS PRIOR DEADLINE.**

Note: Students from 3rd-8th grade will keep this form in their records for the school year and record their own performance each day. Each quarter the student will turn it in to Mr. Anehall or Mr. Villar (physical education) for assessment, which will be returned to the student after the score has been logged into the physical education records.