



FRIENDS ACADEMY

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Dear Parents,

During the past two years, the Physical Education Dept. has been working on a grading model for our US physical education program. This model has been constructed to reflect the educational goals and objectives of our US program which focus on:

- helping students acquire and refine skills that will enhance their quality of life through a physically active and healthy lifestyle.
- introduce students to a variety of units, so that they can explore and discover activities that fit their needs.

In addition, the grading model is aligned with outcomes that speak to the NYS standards (<http://www.emsc.nysed.gov/ciai/pe/pels.html>) and national standards (<http://www.aahperd.org/naspe/publications-nationalstandards.html>) for physical education.

This model is predicated on a letter-grading system and holds students accountable for learning, in three areas:

1. the application of personal and social responsibility
2. the application of fitness concepts
3. the application of movement concepts

Each physical education unit will revolve around assessments that are designed to help students move towards the successful development of skills in these areas and will be weighted in the following manner:

50% *application of personal and social responsibility* (for example, an individual's willingness to support and help teammates, showing concern for other's positive experience, resolving conflicts, showing self-direction, participating actively in a way that encourages others.)

20% *formative assessments* (intermediate steps towards developing understanding and focus on individual components, providing instruction and practice).

30% *summative assessment* (an authentic performance-related activity whether it be a small-sided game, exercise session or self-assessment, or written assessment).

It is reflective of the quality of their participation, development of skills at the recreational level, acquisition of knowledge and responsible social interaction and behavior within a physical setting.

There are few places to learn and practice positive interpersonal relationships in physical activities other than in physical education, and few opportunities to learn the skills and acquire the knowledge that will allow individuals to adopt a healthy lifestyle.

The underlying goal is to communicate to students that physical education, physical activity and exercise are vehicles that will allow them to acquire and maintain a disease-free lifestyle but that there are important skill-sets, knowledge and level of personal responsibility required in doing so.

During the past year, physical education teachers have piloted this model throughout a number of units, with positive feedback from the students and from our staff.

If you have any questions regarding this at anytime, please don't hesitate to contact me. In the future, you will also be able to access more information at the physical education page on the FA website.

Thanks very much in advance for your support!

Sincerely,

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Director of Physical Ed. & Athletics

Alan Quackenbush
Assistant Dir., Physical Ed. & Athletics

Physical Education Staff

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