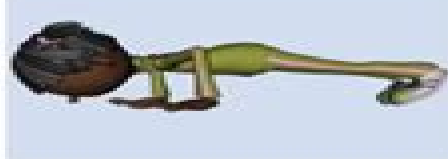


PUSH UP SELF-ASSESSMENT

Name: _____

Teacher: _____

Visual	Elements/Cues	Circle if you got it!	Circle if you are still working on it
	My palms are on the floor with my fingers spread out		
	I start the push up with my arms straight and the balls of my feet on the ground		
	I bend my elbows to a 90 degree angle and then push back up to straight arms		
	My body stays in a straight line from my ankles to my shoulders		
	I complete the up and down movement in a controlled manner		
	I keep my body tight with my elbows tucked in		

What did I do well?

What can I work on?

Assessment Strategies For Elementary Physical Education

**SHAPE America - Society of Health and
Physical Educators, Mitchell,
Stephen, Fisette, Jennifer**

Assessment Strategies For Elementary Physical Education:

Assessment Strategies for Elementary Physical Education Suzann Schiemer, 1999 **Teaching Children and Adolescents Physical Education** George Graham, Eloise Elliott, Steve Palmer, 2016-06-03

It's never been more challenging to teach physical education to children and adolescents. Between managing difficult behavior and adapting lessons for students with diverse needs, teachers have their hands full. *Teaching Children and Adolescents Physical Education: Becoming a Master Teacher* has been helping both new and experienced physical educators meet these challenges for many years, and this revised edition has been updated to address many of the new challenges that have emerged in the past decade. Expanded to address teaching across elementary, middle, and high school, this classic resource demonstrates the techniques and skills master teachers rely on. Many of these skills are illustrated with videotapes of actual K-12 teachers in action. This already successful text goes beyond pedagogy to include concrete curriculum strategies for making classes vibrant, fun, and developmentally appropriate. Written in conversational language, the book is readily applicable. *Teaching Children and Adolescents Physical Education* has been refreshed to be more valuable than ever to veteran and future physical educators navigating the elementary, middle, and high school environment. New features include the following:

- New research and examples from the world of secondary physical education
- Technology tips and app ideas contributed by real physical educators
- Linked directly to national standards and grade-level outcomes
- SHAPE America 2014: a new approach to planning and teaching lessons to meet the needs of all students
- Many sample task sheets and assessment examples for middle and high school

In addition, this resource features three new chapters that add even more depth to the topics covered. The chapters address long-term planning, writing and teaching the lesson plan. The value of this book can be attributed to the authors' years of experience teaching physical education in elementary, middle, and high school. George Graham, Eloise Elliott, and Steve Palmer understand all aspects of quality physical education and the teaching challenges that come with the territory because they have been there. Emphasizing real-world strategies, the authors weave instructional scenarios throughout the book. Readers will see in action the decision-making process master teachers go through when writing and teaching lesson plans. Because every class is different, this resource also highlights how to plan for diverse students and how to adjust lessons accordingly. The text is packed with tried-and-true advice for motivating students to practice, building positive feelings, observing and analyzing, providing feedback, and assessing students through formative assessment. Examples show what effective physical education instruction really looks like in secondary gymnasiums and on playgrounds. Rich with firsthand advice and insight, this book will guide educators toward becoming master teachers of physical education.

Performance-Based Assessment for Middle and High School Physical Education Jacalyn Lea Lund, Mary Fortman Kirk, 2019-03-25

The third edition of this popular and authoritative text includes three new chapters and numerous revisions and updates all designed to help you effectively develop and use performance-based assessments. Comes with a web resource.

Teaching Children Physical Education George Graham, 2008 Contains brief vignettes of elementary school physical education teachers demonstrating some of the teaching skills described in the book

Physical Education Methods for Elementary Teachers Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2008 The authors show non specialists how to develop a realistic and workable approach to teaching physical education The book makes physical education worthwhile practical and fun for students and teachers The text provides the reader with a basic physical education curriculum and suggestions for how to implement this

Teaching Social and Emotional Learning in Physical Education Paul M Wright, Kevin Andrew Richards, 2021-06-29 Teaching Social and Emotional Learning in Physical Education is the ideal resource for understanding and integrating social and emotional learning SEL competencies into the structure of a physical education program alongside physical activity and skill development goals This text should be incorporated as a key resource to guide physical education teacher education courses specifically focused on social and emotional learning while also providing supplemental readings for courses related to physical education curriculum instruction assessment and or models based practice Similarly practicing physical education teachers who are interested in developing a stronger focus on SEL in their teaching will find that the book provides a comprehensive resource to guide their professional learning and practice

Instructional Models for Physical Education Michael Metzler, Gavin T. Colquitt, 2021-05-30 No single instructional method can meet all of the student learning needs expressed in the SHAPE America National Standards for Physical Education This new edition provides pedagogical knowledge and resources that support physical education teachers selection and use of instructional models and gives physical educators a plan for incorporating these models into their teaching Presented in two sections Instructional Models for Physical Education 4E first presents the rationale pedagogical knowledge and selection processes for Model Based Instruction MBI MBI is the commitment to use one instructional plan throughout a unit of instruction The second section provides pedagogical knowledge for the selection implementation and assessment of instructional models used in P 12 physical education This edition has been updated to be in alignment with the SHAPE America National Standards for Physical Education It includes new sections on differentiated instruction and practical applications A companion website contains additional examples and information for each model The book includes everything the reader needs for planning implementing and assessing when teaching with instructional models It helps readers incorporate research based practices in their lessons adapt activities and teach to standards This text can be used as the stand alone text for courses on physical education teaching methods at the undergraduate and graduate levels

Interdisciplinary Elementary Physical Education Theresa Purcell Cone, Peter H. Werner, Stephen Leonard Cone, 2009 The popular Interdisciplinary Teaching Through Physical Education is back and better than ever This new edition guides you in integrating the content of language arts math science social studies and the arts music theater arts and visual arts with the content of physical education through active learning experiences This book has the following features It provides 24

learning experiences in the five academic areas 193 additional ideas for developing those learning experiences and 37 new ongoing strategies for teaching physical education through cross curricular methods It is revised and expanded offering you more teaching tools to supplement support and enhance your teaching It delivers new practical ideas and activities for classroom use based on current theory and best practices In part I you ll learn about the theoretical need for and benefits of interdisciplinary teaching and learning The authors identify models for planning and implementing interdisciplinary experiences and provide ideas for getting started building a support network and assessing learning In part II the authors describe sample learning experiences in each of the five academic disciplines and offer ideas for developing additional learning experiences They also present suggested scope and sequence of concepts for each grade level and describe the concepts and skills that are appropriate for primary and intermediate grade students Interdisciplinary Elementary Physical Education will give your students a wealth of knowledge while they re being active They ll have fun while they conjugate calculate investigate explore dance and move across the curriculum

Standards-Based Physical Education

Curriculum Development Jacalyn Lund, Deborah Tannehill, 2010 Standards Based Physical Education Curriculum Development Second Edition is developed around the National Association of Sport and Physical Education NASPE standards for K 12 physical education This innovative guide teaches students about the process of writing curriculum in physical education and was written by experts who have had specific experience designing and implementing this thematic curriculum The text begins by looking at the national physical education standards and then examines physical education from a conceptual standpoint addressing the so what of physical education It then goes on to examine the development of performance based assessments designed to measure the extent of student learning The second part of the text explores the various curricular models common to physical education sport education adventure education outdoor education traditional multi activity fitness and movement education It goes on to describe each model provide examples of curriculums that use it show how the model links with physical education standards and provide appropriate assessments for it The third part Chapter 14 It s Not Business As Usual discusses how to improve one s physical education curriculum by doing things differently and embracing change

The Essentials of Teaching Physical Education SHAPE America - Society of Health and Physical Educators, Mitchell, Stephen, Fisette, Jennifer, 2016-01-19 The Essentials of Teaching Physical Education helps future teachers prepare to use the teaching for learning approach to K 12 physical education In line with SHAPE America Standards and Grade Level Outcomes this text will aid teachers in acquiring the skills and knowledge they need in order to develop physically literate students

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Assessment Strategies For Elementary Physical Education** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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