## BEHAVIOR AND DAILY ASSESSMENT.

**NO YET OBSERVABLE**
- Arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing).
- Participates and focuses on assigned tasks.
- Demonstrates respectful and active listening skills.
- **Demonstrates safe and appropriate behavior in changing room and sports facilities.**
- Shows responsibility.
- Supports each other’s learning.
- Shows consideration and encourage others to behave well.
- **Shows respect and sportsmanship.**

**BASIC** *(With assistance)*
- Rarely arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing).
- Participates some times and focuses on assigned tasks.
- Demonstrates respectful and active listening skills occasionally.
- Demonstrates some safe and appropriate behavior in changing room and sports facilities.
- Shows at times responsibility.
- Supports each other’s learning from time to time.
- Shows consideration and encourage others to behave well rarely.
- **Shows respect and sportsmanship once in a while.**

## FITNESS AND HEALTH
- **Student knows about the advantages and risks of different physical activities.**
- **Identifies and apply prevention procedures towards sport competition: materials, preparation and practice condition.**
- **Knows the Fitness components and healthy levels.**
- Shows an understanding on body posture applied to sports and daily life.
- Progression principle in training: autonomy performing activation (WU) and recovery (CD) activities.
- Basic knowledge about hydration and nutrition related to physical activities.
- Demonstrates a continuous high level of activity on class tasks.

## SPORTS, GAMES AND MOTOR SKILLS
- **Develops individual sports skills related to athletics (short races, long jump and javelin), badminton (basic position, back court skills and traveling) and handball.**
- **Identifies and apply prevention procedures towards sport competition: materials, preparation and practice condition.**
- **Knows the Fitness components and healthy levels.**
- Shows an understanding on body posture applied to sports and daily life.
- Progression principle in training: autonomy performing activation (WU) and recovery (CD) activities.
- Basic knowledge about hydration and nutrition related to physical activities.
- Demonstrates a limited continuous high level of activity on class tasks.

## BODY EXPRESSION
- **Demonstrates body awareness in expression activities.**
- Develops individual sports skills related to athletics (short races, long jump and javelin), badminton (basic position, back court skills and traveling) and handball.
- Assesses technical skills.
- Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice.
- Prevention factors in sports: materials, specific warm up, cool down, recovery and relaxation after sports.
- Develops strategic and tactical thinking analyzing game phases (offense-defense) and team decision making.
- Values and sports: self-esteem, self-image and achievement feeling.
- Demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body.
- Demonstrates and applies an understanding of terminology, rules and strategies in selected games.

## OUTDOOR ACTIVITIES
- **Knows concepts about Hiking: outdoor areas features, safety techniques.**
- **Recognizes basic meteorology principles as an influential factor.**
- Evaluates the impact of outdoor activities on the environment (responsible behavior).
<table>
<thead>
<tr>
<th>DEVELOPING</th>
<th>OUTSTANDING</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Clear attempt, and almost always)</td>
<td>(Consistently and creative)</td>
</tr>
<tr>
<td><strong>OUTSTANDING</strong></td>
<td><strong>DEVELOPING</strong></td>
</tr>
<tr>
<td>- Most of the times arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e. wears appropriate clothing).  - Participates and focuses on assigned tasks frequently  - Demonstrates usually respectful and active listening skills.  - Demonstrates considerably often safe and appropriate behavior in changing room and sports facilities.  - Shows responsibility quite often.  - Supports each other’s learning most of the times.  - Shows consideration and encourage others to behave well almost always.  - <strong>Shows respect and sportsmanship regularly.</strong></td>
<td><strong>Student can answer questions about the advantages and risks of different physical activities.</strong>  - Identifies and apply a considerable amount of prevention procedures towards a sport competition: materials, preparation and practice condition.  - <strong>Shows understanding about body posture applied to sports and daily life.</strong>  - <strong>Progression principle in training: autonomy performing most of the activation (WU) and recovery (CD) activities in order.</strong>  - <strong>Complete knowledge about hydration and nutrition related to physical activities (can answer only basic questions).</strong>  - <strong>Demonstrates a frequent high level of activity on class tasks.</strong></td>
</tr>
</tbody>
</table>