QISS Grade Descriptors

Grade: 9-12 Grade Course: PE Unit: All units Teacher: Krakowski

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| To achieve this grade for this unit… | the student will demonstrate the following skills/knowledge: |
| A | * Meets Specific Learning Outcomes Performance Criteria 1 -8 * Uses a wide range of physical education terminology accurately and appropriately in most situations. * Demonstrates a thorough knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity. * Uses this knowledge wisely and effectively to analyse and solve problems in familiar and unfamiliar situations. * The student shows a high level of competence in both basic and complex moves, skills and techniques in the performance or playing situation. * The student takes responsibility for their own learning and consistently shows enthusiasm and commitment to physical education. |
| B | * Meets Specific Learning Outcomes Performance Criteria 1 -6 * Uses a range of terminology accurately and appropriately in some situations. * Demonstrates a good knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity. * Uses this knowledge to analyse and solve problems in familiar and some unfamiliar situations. * The student demonstrates competence in basic and many complex moves, skills and techniques in the performance or playing situation. * The student takes responsibility for their own learning and usually shows enthusiasm and commitment to physical education. |
| C | * Meets Specific Learning Outcomes Performance Criteria 1 -4 * Uses basic terminology that is sometimes inaccurate or inappropriate. * Demonstrates a basic knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity. * Uses this knowledge to analyse and solve problems in familiar situations. * The student demonstrates competence in basic moves, skills and techniques in the performance or playing situation. * The student shows respect and sensitivity to themselves, others and the physical environment most of the time. |
| D | * Meets Specific Learning Outcomes Performance Criteria 1 -2 * The use of terminology is inconsistent, inappropriate or incorrect. * Demonstrates a limited knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity. * Sometimes uses this knowledge to analyse and solve problems in familiar situations. * The student demonstrates little competence in basic moves, skills and techniques in the performance or playing situation. * The student shows respect and sensitivity to themselves, others and the physical environment some of the time. |
| INC | * The student does not reach a standard described by any of the descriptors given above. |

## Specific Learning Outcomes Performance Criteria

*The learner should be able to:*

**1 Regain standing position from prone and supine**

* push and glide in a prone position
* regain standing position
* push and glide in a supine position
* regain standing position.

**2 Demonstrate competence in swimming**

* swim 25m front crawl
* swim 25m back crawl
* swim 25m breast stroke.

**3 Demonstrate three methods of entering the water safely**

* enter the water safely
* use a ladder or steps
* from a sitting position, straddle-jump into the water.

**4 Demonstrate treading water**

* tread water for one minute.

**5 Demonstrate a simple dive**

* adopt a sitting or kneeling position dive into the water.

**6 Demonstrate a standing dive**

* adopt a standing position dive into the water.

**7 Outline the principles of personal water safety**

* identify three principles of personal water safety.

**8 Demonstrate a life-saving stroke**

* swim 5m rescue back stroke (inverted breast stroke).