**PE/Health Rubric and Team Writing Plan**

Plan of attack for increasing writing

Health: Friday Bell ringer will be a writing assignment

PE: Friday writing prompt (2 times per month)

Panther: Close reading and bully books with a writing activity. Response to videos or songs related to bullying and self-esteem.

Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 4 | 3 | 2 | 1 |
| Organization | Paragraph flows and includes introduction, supports, and conclusion (1-3-1) | Paragraph is missing one of the components of  (1-3-1) | Paragraph is missing two of the components of  (1-3-1) | Paragraph does not follow the  (1-3-1) format |
| Evidence of Supporting Details | Topic is supported by strong, specific, and appropriate evidence | Topic is supported by relevant evidence, though not always the strongest or specific details | Topic is supported by limited evidence that is somewhat related to the main idea | Evidence is insufficient and unclear |
| Length | Response is made up of 5-7 complete sentences | Response is made up of 4 complete sentences | Response is made up of 3 complete sentences | Response is made up of 2 or less complete sentences |
| Mechanics | Contains 1-2 spelling, grammar, and punctuation errors | Contains 3-4 spelling, grammar, or punctuation errors, but they do not interfere with understanding | Contains more than 4 spelling, grammar, or punctuation errors that distract the reader | Contains many spelling grammar, or punctuation errors that prohibits reader from understanding response |

Topics

1. Think about someone who did something courageous that affected your life. Tell how that experience has changed your view about courage and selfless acts.
2. Define competition in your own personal terms. Are you a competitive person?
3. You’re the team captain. Your team members don’t get along. How do you get them to work together as a team?
4. Several people in your P.E. class are really uncoordinated and no one wants to include them in the activities. What can you do to make this a positive experience for everyone?
5. Write a lifetime plan for staying physically fit. Your plan should be one that you can/will actually follow throughout your life.
6. Explain why you do or do not perform you best in physical education.
7. Define physical education. What is it? What should it be? Bring personal experiences into your definition.
8. Changing clothes and being prepared for physical education is essential for you to receive a good grade. How will being prepared help you later in life to reach your goals?
9. How can you improve your nutrition and eating habits from this week?
10. What does being healthy really mean?
11. What do you need to know to be healthy?
12. What is the difference between health and wellness?
13. What is one goal you have for this school year (one short term and one long term)? Explain how you will accomplish your goal.
14. Make a list of your strengths and weaknesses. How can you improve on your weaknesses to make them become strengths?
15. Write a paragraph about a person who is teased or bullied in your neighborhood or school. Describe how the person was getting bullied and what you did?