RATING SCALE FOR PE PROGRAMS

Answer each of the following questions by selecting YES or NO. If your school's program is a quality program, you will usually end up picking the underlined answer.

OBSERVING THE TEACHER

Are all the students actively involved in the activities?  
Yes  No

Are students waiting for turns?  
Yes  No

If there is not enough equipment for all the students, does the teacher use creativity so that all the students are actively involved in learning? (i.e. activity stations)  
Yes  No

Are all the students successful about 80% of the time?  
Yes  No

Are the students learning anything that will help them become physically active now and for the rest of their lives?  
Yes  No

Are the students learning physical skills that will help them become better movers?  
Yes  No

Is the teacher holding the students accountable for learning?  
Yes  No

Are the activities geared toward skill development, and not focused on winning and losing?  
Yes  No

Does the teacher give the students feedback on their performance in order to help them learn more?  
Yes  No

Does the teacher recognize hard work/effort?  
Yes  No

Does the teacher organize teams without using methods that humiliate students (such as “captains” picking teams)?  
Yes  No

Are games used where students are eliminated because they are not successful?  
Yes  No

Does the teacher use exercise as punishment?  
Yes  No

Are the students learning how to behave appropriately in physical activity settings?  
Yes  No

Are students encouraged to be physically active after school?  
Yes  No

Does the teacher give the students homework (such as physical activity, journals, written assignments etc.)?  
Yes  No

Does the teacher encourage the students to get their families involved in physical activity?  
Yes  No

Does the teacher use the class time wisely?  
Yes  No

Is class time wasted on activities that have little purpose other than to keep the students busy?  
Yes  No

Are old-fashioned calisthenics (toe-touches, windmills, pushups, jumping jacks etc.), used to start the class?  
Yes  No

Does the teacher have the students stretch before the muscles are thoroughly warm (15-20 minutes of continuous movement)?  
Yes  No

Does the teacher communicate that he/she is physically active outside of school?  
Yes  No

Does the teacher communicate high expectations for learning?  
Yes  No

Does the teacher give feedback to students in order to help them learn movement skills?  
Yes  No

Does the teacher basically give the class one ball, or other piece of equipment, and say “go play”?  
Yes  No

Does the teacher give specific instructions for how to perform skills?  
Yes  No

Does the teacher allow for enough practice of skills before moving on to games?  
Yes  No

For elementary school: Does the teacher focus mainly on teaching a variety of games?  
Yes  No

For elementary school: Does the teacher focus on teaching skills and concepts?  
Yes  No
OBSERVING FITNESS TESTING?

Are students tested in the “spotlight”?  
YES  NO

Are the fitness test results shared with the students and their parents only?  
YES  NO

Does the teacher help the students prepare for the tests?  
YES  NO

Is goal setting used?  
YES  NO

Are students rewarded for reaching their individual goals?  
YES  NO

Are students graded on their fitness test results?  
YES  NO

Are the students taught the benefits of reaching and maintaining a healthy fitness level?  
YES  NO

Are the students taught how to use physical activity to achieve and maintain fitness?  
YES  NO

EVALUATING THE PROGRAM?

Is physical education taught daily?  
YES  NO

Can students substitute athletics, ROTC, band or other non-related activities physical education?  
YES  NO

For secondary schools: Does the physical education program include at least five of the following activity groups in physical education: 1) aquatics, 2) team sports, 3) dance, 4) outdoor activities (i.e. rock climbing, back-packing, orienteering, hiking), 5) dual sports (i.e tennis, racket ball, fencing, 6) individual sports (i.e. running, golf, bicycling, in-line skating, aerobics), 7) self-defense, and 8) gymnastics.  
YES  NO

For elementary school: Does the physical education program teach movement skills and concepts that will help students succeed in a variety of physical activities later on?  
YES  NO

Does physical education have the same number of students as other subjects (normally 30-40)?  
YES  NO

Is there enough equipment for each student?  
YES  NO

Are the facilities used for physical education in good condition; safe and clean?  
YES  NO