

8. Individual/Small Group Activities

The students make participate in a least one of the following activities for at least 90 minutes weekly. Use the OPHS physical education grading rubric (below).

1. Badminton
2. Basketball
3. Bocce
4. Corn Hole (Bean Bag Toss)
5. Disc Golf
6. Golf
7. Horseshoes (Or "Poorman's Horseshoes with Washers)
8. Kan Jam
9. Ladder Toss (Ladder Ball)
10. Pickleball
11. Tennis

Grading Rubric:

LEVEL 5: GRADE = 100

The student always demonstrates self-control and the utmost respect for others. The student models fair play, leadership and empathy towards others, and conducts him/herself safely and appropriately.

LEVEL 4: GRADE = 90

The student consistently shows self-control and respect for others.

He/she consistently demonstrates fair play and assumes responsibility for conducting the activity safely and appropriately.

LEVEL 3: GRADE = 80

The student maintains self-control and respect for others. The student meets the participation requirements but may show inconsistencies in following the rules and etiquette of the activity.

LEVEL 2: GRADE = 70

The student needs reminders regarding fair play, rules, and etiquette. Teacher intervention may be required, although the student generally shows respect for others and a willingness to participate.

LEVEL 1: GRADE = 60

The student does not maintain self-control, inhibiting the learning process for others.

The student does not respond to teacher intervention.

His/her actions do not contribute to a safe and healthy environment.