PE Credit Flex Assessment Explanation

In the CFP you are asked to demonstrate your learning. The following are some guidelines to complete this assessment in a satisfactory manner. Students who complete the assessment portion will receive a grade of PASS for the semester.

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The completion of the Assessment portion of your CFP must address the body of your work. This includes the following

* Demonstration
  + Video clips of practice and performance
* Learning Log (Ohio Department of Education PE Standards). ½ credit =120 hours
  + Record of daily activities

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| --- | --- | --- | --- | --- |
| Date | Duration | Activities | Standard Addressed | Mentor Initial |
| 3/20 | 2 hours | Flexibility and strengthening  Conditioning  Drills (defensive and offensive)  Scrimmage |  |  |

* Portfolio: Reflective
  + Lessons Learned and performance goals
  + Record of achievements
  + Reflection on performance and goal achievement
* Mentor Final Evaluation
  + Mentor is expected to verify your learning log
  + Mentor is verifying your participation
  + Mentor is verifying your coach ability
* Research Paper
  + History of your activity
  + Site your sources (3-5 sources)
  + Include pros and cons
  + Address how this activity can become a life-long skill
  + 3-5 pages double spaced