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 strengtheningConditioningDrills (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