



## Student Portfolio

For each six weeks, include examples, assignments, projects, or assessments for the criteria below:

Criteria	Examples, Assignments, Projects, or Assessments
Understanding of sports, exercise, and physical activity concepts and skills.	
Application of sports, exercise, and physical activity knowledge and skills.	
Understanding of nutrition concepts and skills.	
Application of nutrition knowledge and skills.	
Understanding and application of disease prevention concepts and skills.	
Understanding and application of safety concepts and skills.	
Understanding and application of social and mental health concepts and skills.	
A variety of performance assessments.	
A variety of family activities.	
Creation of health awareness materials.	
Evidence that good health behaviors and attitudes are demonstrated at school.	

**Portfolio Grade:** \_\_\_\_\_

H = Highly Satisfactory

S = Satisfactory

I = Improvement Needed