



ADE Physical Education Assessment Resources

1	ADE Physical Education Standards	K-12 Arizona Physical Education Standards
2	Heart Rate Assessment/Intensity Sheets	This is a self assessment document to compare and contrast heart rate to intensity. This is a view only. You must make a copy to edit your own sheets.
3	Skill Related Self-assessment Station Sheets	This document is for skill related fitness knowledge. This document is viewer only. Please make a copy to edit.
4	Self-assessment for Personal Health and Fitness	A variety of self-assessments for personal health and fitness that students should know before graduation. This document is viewer only. Please make a copy to edit.
5	Performance Peer Rubrics	Student peer assessment rubrics. Please make a copy to edit for your students' needs.
6	Invasion Unit Peer Assessments	Student peer assessment work sheet for invasion units. Please make a copy to edit for your students' needs.
7	Plickers	A formative assessment tool that is free to use
8	The Physical Educator/Plickers	How to use Plickers in a PE setting