



TAMALPAIS HIGH SCHOOL

Physical Education – Core 1/2

SPORTFOLIO GUIDELINE/CHECKLIST (25 Point Assignment)

Tamalpais High School Physical Education requires every student to keep an organized P.E. binder that will be used during each class. The “Sportfolio” is a place to keep important materials that relate to the content of the classroom and activity portions of class. Physical Education at Tamalpais High School will focus on specific program goals throughout the entire year. Your Sportfolio will reflect all of the components of each program goal and should be used as a tool to obtain and hold important information relating to each goal.

Sportolio Materials:

- 3 Ring Binder
- Cover Sheet
 - Name, Period, Teacher Name, Picture, Quote
- Pencil Pouch with PENS and PENCILS!
- Welcome to PE at TAM PPT (Rules and Expectations) Signed
- Sportfolio Outline
- Binder Paper

Checklist:

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Labeled Dividers: Each divider will be labeled by the corresponding Program Goal.

CORE 1 Dividers (Fall Semester)

- **Divider 1:** Application of a Growth Mindset
- **Divider 2:** Health Related Fitness Components
- **Divider 4:** Principles of Fitness

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CORE 2 Dividers (Spring Semester)

- **Divider 5:** Skill Related Fitness Components
- **Divider 6:** Biomechanics
- **Divider 7:** Red Cross Basic Water Safety

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