Assessing teacher competence is a central focus of the growth and development of physical education teacher candidates. For subject matter competency, the Council for the Accreditation of Educator Preparation (CEAP, 2018) adopted Specialized Professional Associations (SPAs) for most academic disciplines, which are used to establish specific standards and procedures for program review and accreditation. The SPA for physical education was The Initial Physical Education Teacher Education Standards (SHAPE, 2017). However, as of June 30, 2019, this SPA was discontinued by SHAPE, but the standards are still available for PETE preparation programs (CAEP, 2019). These six evidence-based standards include teaching components that physical education candidates should exhibit in their PETE preparation programs. The Preservice Teacher Competency Performance Scale (PSTCPS) was developed to assess these six standards throughout the entirety of the teacher preparation program. This article introduces the scale, explains how mentor teachers can use the scale, and situates the scale as a potential method of recording feedback that can be utilized by the physical education candidate to foster self-reflection techniques and track their personal growth and development.