

PHYSICAL EDUCATION RUBRIC GRADES 6-8

CRITERIA	4 Exceeds the standard	3 Proficient	2 Almost meets the standard	1 Does not meet the standard
1. Basic skills specific to games/sports/fitness activities	<ul style="list-style-type: none"> • Always shows consistency in skills specific to games and sports/activities. <ul style="list-style-type: none"> ○ Net/wall ○ Territory/invasion ○ Dance/rhythm ○ Fitness/cooperative • Consistently and independently adapts and combines skills to the demands of increasingly complex situations of selected movement forms, e.g. running/receiving/shooting. 	<ul style="list-style-type: none"> • Shows consistency in skills specific to games and sports/activities. 1.2.2 <ul style="list-style-type: none"> ○ Net/wall ○ Territory/invasion ○ Dance/rhythm ○ Fitness/cooperative • Adapts and combines skills to the demands of increasingly complex situations of selected movement forms, e.g. stepping while striking. 1.3.1 	<ul style="list-style-type: none"> • Shows some consistency in skills specific to games and sports/activities. <ul style="list-style-type: none"> ○ Net/wall ○ Territory/invasion ○ Dance/rhythm ○ Fitness/cooperative • Attempts to adapt and combine skills to the demands of increasingly complex situations of selected movement forms, e.g. running/receiving/shooting. 	<ul style="list-style-type: none"> • Shows little or no consistency in skills specific to games and sports/activities. <ul style="list-style-type: none"> ○ Net/wall ○ Territory/invasion ○ Dance/rhythm ○ Fitness/cooperative • Does not adapt and combine skills to the demands of increasingly complex situations of selected movement forms, e.g. running/receiving/shooting.
2. Movements concepts	<ul style="list-style-type: none"> • Consistently and independently applies biomechanical principles to improve skill performance: <ul style="list-style-type: none"> ○ stability ○ motion ○ leverage ○ force. • Always understands and applies offensive and defensive strategies in a variety of game situations. • Consistently and independently transfers and uses movement and patterns within the categories of the movement forms. 2.5.2 	<ul style="list-style-type: none"> • Applies biomechanical principles to improve skill performance: <ul style="list-style-type: none"> ○ stability ○ motion ○ leverage ○ force 2.2.1, 2.2.2 • Understands and applies offensive and defensive strategies in a variety of game situations. 2.4 • Transfers and uses movement and patterns within the categories of the movement forms. 2.5.2 	<ul style="list-style-type: none"> • Attempts to apply some biomechanical principles to improve skill performance: <ul style="list-style-type: none"> ○ stability ○ motion ○ leverage ○ force • Understands and applies some strategies in a variety of game situations. • Sometimes transfers and/or uses movement and patterns within the categories of the movement forms. 	<ul style="list-style-type: none"> • Does not apply biomechanical principles to improve skill performance: <ul style="list-style-type: none"> ○ Stability ○ motion ○ leverage ○ force. • Does not understand or apply strategies in a variety of game situations. • Does not transfer or uses movement and patterns within the categories of the movement forms.
3. Benefits of physical activity	<ul style="list-style-type: none"> • Thoroughly understands and explains the physical, emotional, social, and cognitive benefits of physical activity. 	<ul style="list-style-type: none"> • Understands and explains the physical, emotional, social, and cognitive benefits of physical activity. 3.1-3.4 	<ul style="list-style-type: none"> • Understands and explains some of the physical, emotional, social, and cognitive benefits of physical activity. 	<ul style="list-style-type: none"> • Does not understand or explain the physical, emotional, social, and cognitive benefits of physical activity.
4. Fitness goals	<ul style="list-style-type: none"> • Consistently and independently engages in physical activity to improve scores for each of the fitness components on the Fitnessgram/. • Thoroughly self-evaluates his/her fitness improvement. • Always applies warm-up principles to all fitness activities. 	<ul style="list-style-type: none"> • Engages in physical activity to improve scores for each of the fitness components on the Fitnessgram 4.2.4 • Self-evaluates his/her fitness improvement. 4.2.5 • Applies warm-up principles to all fitness activities. 4.4.3 	<ul style="list-style-type: none"> • Engages in some physical activity to improve scores for each of the fitness components on the Fitnessgram/. • Attempts to self-evaluate some of his/her fitness improvement. • Demonstrates some application of warm-up principles to all fitness activities. 	<ul style="list-style-type: none"> • Does not engage in physical activity to improve scores for each of the fitness components on the Fitnessgram. • Does not self-evaluate his/her fitness improvement. • Does not apply warm-up principles to fitness activities. 4.4.3

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5. Responsible personal and social behavior	<ul style="list-style-type: none"> • Always uses responsible decision making in all physical activity settings. • Always wears safe, appropriate, and alternative clothing to participate in physical activities. • Always makes responsible safety decisions to avoid <ul style="list-style-type: none"> • dehydration • over exertion • injury to self and others 5.1.4 • Consistently and independently communicates effectively with others to promote respect, tolerance, and conflict resolution in cooperative and competitive activities. 	<ul style="list-style-type: none"> • Uses responsible decision making in all physical activity settings. 5.1.1 • Wears safe, appropriate, and alternative clothing to participate in physical activities 5.1.2 • Makes responsible safety decisions to avoid <ul style="list-style-type: none"> • dehydration • over exertion • injury to self and others 5.1.4 • Communicates effectively with others to promote respect, tolerance, and conflict resolution in cooperative and competitive activities. 5.3.2 	<ul style="list-style-type: none"> • Uses some responsible decision making in all physical activity settings. • Wears some safe, appropriate, and/or alternative clothing to participate in physical activities. • Sometimes makes responsible safety decisions to avoid <ul style="list-style-type: none"> • dehydration • over exertion • injury to self and others • Sometimes communicates effectively with others to promote respect, tolerance, and conflict resolution in cooperative and competitive activities. 	<ul style="list-style-type: none"> • Does not use responsible decision making in all physical activity settings. • Does not wear safe, appropriate, and alternative clothing to participate in physical activities. • Does not makes responsible safety decisions to avoid <ul style="list-style-type: none"> • dehydration • over exertion • injury to self and others • Does not communicate effectively with others to promote respect, tolerance, and conflict resolution in cooperative and competitive activities.