

RUBRIC GRADES 9-12 - FITNESS
North Smithfield School Department

CRITERIA	4 Exceeds the standard	3 Meets the standard	2 Almost meets the standard	1/0 Rarely/does not meet the standard
Basic skills specific to fitness activities	<p>Consistently shows competency in many movement forms specific to Fitness Activities. 1.1.2 4, 3., 2. 1.</p> <p>Skillfully demonstrates proficiency (e.g., basic skills) in an increasing number of more complex versions of fitness movement forms: personal fitness, circuit training, weight training (e.g. Skills personal fitness/ weight training/ circuit training: proper use/technique of free weights, machine weight, and cardio vascular equipment, plyometrics and body weight. (1.2.2)</p>	<p>Shows competency in many movement forms specific to Fitness Activities. 1.1.2 4, 3., 2. 1.</p> <p>Demonstrates proficiency (e.g., basic skills) in an increasing number of more complex versions of fitness movement forms: personal fitness, circuit training, weight training (e.g. Skills personal fitness/ weight training/ circuit training: proper use/technique of free weights, machine weight, and cardio vascular equipment, plyometrics and body weight. (1.2.2)</p>	<p>Shows competency in many movement forms specific to Fitness Activities. 1.1.2 4, 3., 2. 1.</p> <p>Demonstrates proficiency (e.g., basic skills) in an increasing number of more complex versions of fitness movement forms: personal fitness, circuit training, weight training (e.g. Skills personal fitness/ weight training/ circuit training: proper use/technique of free weights, machine weight, and cardio vascular equipment, plyometrics and body weight. (1.2.2)</p>	<p>Shows competency in many movement forms specific to Fitness Activities. 1.1.2 4, 3., 2. 1.</p> <p>Demonstrates proficiency (e.g., basic skills) in an increasing number of more complex versions of fitness movement forms: personal fitness, circuit training, weight training (e.g. Skills personal fitness/ weight training/ circuit training: proper use/technique of free weights, machine weight, and cardio vascular equipment, plyometrics and body weight. (1.2.2)</p>
Fitness Participation	<p>Consistently Participates in physical activities to improve skills and fitness (4.6.2) (e.g. cardiovascular endurance: walk, jog, run, dance, zumba, muscular strength/muscular endurance: push-ups, sit-ups, resistance training, machine weights, free weights, circuit training. Flexibility: yoga, static/dynamic stretching)</p>	<p>Participates in physical activities to improve skills and fitness (4.6.2) (e.g. cardiovascular endurance: walk, jog, run, dance, zumba, muscular strength/muscular endurance: push-ups, sit-ups, resistance training, machine weights, free weights, circuit training. Flexibility: yoga, static/dynamic stretching).</p>	<p>Sometimes participates in physical activities to improve skills and fitness (4.6.2) (e.g. cardiovascular endurance: walk, jog, run, dance, zumba, muscular strength/muscular endurance: push-ups, sit-ups, resistance training, machine weights, free weights, circuit training. Flexibility: yoga, static/dynamic stretching).</p>	<p>Rarely/ Does not participate in physical activities to improve skills and fitness (4.6.2) (e.g. cardiovascular endurance: walk, jog, run, dance, zumba, muscular strength/muscular endurance: push-ups, sit-ups, resistance training, machine weights, free weights, circuit training. Flexibility: yoga, static/dynamic stretching).</p>
Fitness goals	<p>Skillfully participates in a wide range of activities and is able to connect how the activity is related to his/her fitness and health. 4.5.1</p> <p>Consistently engages in warm-up principles in daily physical activity. 4.5.4</p>	<p>Participates in a wide range of activities and is able to connect how the activity is related to his/her fitness and health. 4.5.1</p> <p>Engages in warm-up principles in daily physical activity. 4.5.4</p>	<p>Attempts to participate in some range of activities and is able to connect how the activity is related to his/her fitness and health. 4.5.1</p> <p>Attempts to engage in warm-up principles in daily physical activity. 4.5.4</p>	<p>Rarely/does not participate in some range of activities and is able to connect how the activity is related to his/her fitness and health. 4.5.1</p> <p>Rarely/does not engage in warm-up principles in daily physical activity. 4.5.4</p>
Responsible personal behavior	<p>Always wears specific and appropriate clothing and protective equipment to participate in physical activity. 5.1.1</p> <p>Always applies safety considerations/ proper use of attire, equipment, and rules for all physical education activities. 5.1.2</p>	<p>Wears specific and appropriate clothing and protective equipment to participate in physical activity. 5.1.1</p> <p>Applies safety considerations/ proper use of attire, equipment, and rules for all physical education activities. 5.1.2</p>	<p>Sometimes wears specific and appropriate clothing and protective equipment to participate in physical activity. 5.1.1</p> <p>Attempts to apply safety considerations/ proper use of attire, equipment, and rules for all physical education activities. 5.1.2</p>	<p>Rarely/does not wear specific and appropriate clothing and protective equipment to participate in physical activity. 5.1.1</p> <p>Rarely/does not apply safety considerations/ proper use of attire, equipment, and rules for all physical education activities. 5.1.2</p>
Responsible social behavior	<p>Consistently Shows respect for others in positive and negative situations. 5.3.2</p> <p>Clearly communicates effectively with others to promote respect and tolerance in cooperative and competitive activities. 5.3.1</p>	<p>Shows respect for others in positive and negative situations. 5.3.2</p> <p>Communicates effectively with others to promote respect and tolerance in cooperative and competitive activities. 5.3.1</p>	<p>Sometimes show respect for others in positive and negative situations. 5.3.2</p> <p>Sometimes communicate effectively with others to promote respect and tolerance in cooperative and competitive activities. 5.3.1</p>	<p>Rarely/does not show respect for others in positive and negative situations. 5.3.2</p> <p>Rarely/does not communicate effectively with others to promote respect and tolerance in cooperative and competitive activities. 5.3.1</p>

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