

Elementary Physical Education Standard Based Grading Rubric

<p style="text-align: center;"><u>Fitness Fundamentals</u> <i>(Fitness Components)</i></p>	<p style="text-align: center;"><u>Personal Responsibility</u> <i>(Cooperative Skills & Safety Awareness)</i></p>	<p style="text-align: center;"><u>Skill Acquisition</u> <i>(Physical Skill)</i></p>	<p style="text-align: center;"><u>Content Knowledge</u> <i>(Cognitive Development)</i></p>
<p>4. Student always demonstrates components of cardiovascular endurance, muscular strength/endurance, and flexibility. The student performs at an exemplary level in terms of effort and aptitude.</p> <p>3. Student sometimes demonstrates components of cardiovascular endurance, muscular strength/endurance, and flexibility. The student meets the proficiency standard in regard to effort and aptitude.</p> <p>2. Student needs regular reminders to participate in the components of cardiovascular endurance, muscular strength/endurance, and flexibility. The students exhibits a developing effort and aptitude.</p> <p>1. Student shows little or no interest in the areas of cardiovascular endurance, muscular strength/endurance, and flexibility. The student exhibits an emerging effort and aptitude.</p>	<p>4. Student shows leadership qualities, accepts responsibility for the safety of his or her classmates, and is committed to follow all safety guidelines and procedures and has been unprepared no more than 1 time during the marking period.</p> <p>3. Student contributes in a positive manner needs to be reminded of the safety guidelines and procedures. Attendance is very good and student had no more than 2 unprepared.</p> <p>2. Student is active but sometimes has a negative impact on the effort of the group. Attendance is good but student is unprepared at least 3 times within a marking period.</p> <p>1. Student is uncooperative and negatively impacts the group, compromising the safety of his or her classmates. Attendance is inconsistent. Student has been unprepared and or legally absent more than 4 times within the marking period.</p>	<p>4. Student successfully performs all essential unit skills and techniques at an exemplary level within the marking period.</p> <p>3. Student successfully performs most essential unit skills and techniques at a proficient level within the marking period.</p> <p>2. Student successfully performs some essential unit skills and techniques at a developing level within the marking period.</p> <p>1. Student performs most unit skills and techniques inconsistently at an emerging level within the marking period.</p>	<p>4. Student exhibits an exemplary cognitive aptitude in regard to rules, team strategies, and personal wellness/fitness concepts.</p> <p>3. Student exhibits a proficient cognitive aptitude for rules, team strategies, and personal wellness/fitness concepts.</p> <p>2. The student exhibits a developing cognitive aptitude in terms of rules, team strategies, and personal wellness/fitness concepts.</p> <p>1. The student exhibits an emerging cognitive aptitude of game rules, team strategies, and personal wellness/fitness concepts.</p>