



Physical Education: Active Lifestyle

Competency: Individuals regularly participate in physical activity to show they recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grade Level Competency: Kindergarten

Students will identify the positive impact physical activity has on their life, building their motivation to engage in physical activity that promotes high levels of confidence and personal enjoyment within and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Benefits of Physical Activity	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify how physical activity is good for me in a variety of areas (body, mind, and social).	I can identify how physical activity is good for me in some areas of my health (body, mind, or social)	I can identify that physical activity is good for me.
Participates in Physical Activity		I can give my best effort during all activities when in PE class.	I can participate and put forth effort during some activities when in PE class.	I can participate during activities I enjoy when in PE class.

MDE grade level benchmarks embedded explicitly in the rubric

Kindergarten

- 0.3.1.1 Identify ways to be physically active outside of physical education class, both indoors and outdoors.
- 0.3.2.1 Actively participates in physical activities with teacher prompting.
- 0.5.1.1 Recognize that physical activity is important for good health.
- 0.5.3.1 Express enjoyment when being physically active individually and with others.



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Grade Level Competency: Grades 1-2

Students will identify the positive impact physical activity has on their life, building their motivation to engage in physical activity that promotes high levels of confidence and personal enjoyment within and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Benefits of Physical Activity	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify how physical activity is good for me in a variety of areas (body, mind, and social). <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can identify how physical activity is good for me in some areas of my health (body, mind, or social) <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can identify that physical activity is good for me. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2
Participates in Physical Activity		I can give my best effort during all activities when in PE class. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can participate and put forth effort during some activities when in PE class. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can participate during activities I enjoy when in PE class. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2



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Grade Level Competency: Grades 3-4

Students will identify the positive impact physical activity has on their life, building their motivation to engage in physical activity that promotes high levels of confidence and personal enjoyment within and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Benefits of Physical Activity	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	<p>I can identify how participation in an activity I enjoy benefits my physical, mental, and social health.</p> <p><input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4</p>	<p>I can identify a physical activity I enjoy, and how it benefits my physical, mental, or social health.</p> <p><input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4</p>	<p>I can identify a physical activity I enjoy, and how it benefits my health.</p> <p><input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4</p>
Participates in Physical Activity		<p>I can give my best effort during all activities when in PE class, even during those that challenge me.</p> <p><input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4</p>	<p>I can give my best effort during activities I enjoy when in PE class, and am willing to participate even when the activity is challenging.</p> <p><input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4</p>	<p>I can participate during activities I enjoy in PE class.</p> <p><input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4</p>



Physical Education: Active Lifestyle

Competency: Individuals regularly participate in physical activity to show they recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grade Level Competency: Grades 5-6:

Students will apply a health-enhancing active lifestyle in which physical activities are self-selected to promote engagement and personal enjoyment within and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Benefits of Physical Activity	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can explain benefits of regular participation in physical activity in all areas of my life (physical, mental, emotional, intellectual, social) <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can explain benefits of regular participation in physical activity in some areas of my life (physical, mental, emotional, intellectual, social) <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can identify the benefits of regular participation in physical activity in my life. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6
Participates in Physical Activity		I can give my best effort during all activities when in PE class, even during challenging and non-preferred activities. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can give my best effort during activities in PE class, and am willing to participate even when the activity is challenging or non-preferred. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can participate in activities I prefer in PE class. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6



Physical Education: Active Lifestyle

Competency: Individuals regularly participate in physical activity to show they recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grade Level Competency: Grades 7-8

Students will apply a health-enhancing active lifestyle in which physical activities are self-selected to promote engagement and personal enjoyment within and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Benefits of Physical Activity	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can analyze the benefits and risks of regular physical activity for lifelong well being across all areas of my life (physical, mental, emotional, intellectual, social) <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8	I can explain the benefits of regular physical activity for lifelong well being across some areas of my life (physical, mental, emotional, intellectual, social) <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8	I can identify the benefits of regular physical activity for lifelong well being across some areas of my life. (physical, mental, emotional, intellectual, social) <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8
Participates in Physical Activity		I can give my best effort during all aerobic and strength activities, even during challenging and non-preferred activities. <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8	I can give my best effort during some aerobic or strength activities when in PE class even during challenging and non-preferred activities. <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8	I can participate in activities I prefer in PE class. <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8



Physical Education: Active Lifestyle

Competency: Individuals regularly participate in physical activity to show they recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Grade Level Competency: Grades 9-12

Students will make the connection between effort, participation and performance in a variety of activities, some self-selected, to promote engagement and lifelong aspects of personal enjoyment such as challenge, self-expression, and success in and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Benefits of Physical Activity	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can analyze the short- and long-term effects (benefits and risks) of regular physical activity for lifelong well being across all areas of my life (physical, mental, emotional, intellectual, social)	I can explain the benefits and risks of regular physical activity for lifelong well being across some areas of my life (physical, mental, emotional, intellectual, social)	I can identify some benefits and risks of regular physical activity for lifelong well being.
Participates in Physical Activity		I can actively give my best effort in moderate to vigorous aerobic and strength activities and am able to describe how this intentional effort promotes lifelong personal enjoyment.	I can actively give my best effort in moderate to vigorous aerobic and strength activities, and am willing to participate even during challenging and non-preferred activities.	I can participate in activities I prefer in PE class.