

Physical Education Rubric

1st GRADE

Report Card Indicator	November	March	June
Demonstrates an interest and effort in physical education and participates actively	<p>4. Student demonstrates interest and effort as well as good sportsmanship and teamwork in all P.E. activities.</p> <p>3. Student demonstrates interest and effort in all P.E. activities with encouragement.</p> <p>2. Student demonstrates interest in P.E. activities, yet at times needs encouragement and/or redirection.</p> <p>1. Student often lacks interest and effort and distracts others while participating in P.E. activities.</p>	<p>4. Student demonstrates interest and effort as well as good sportsmanship and teamwork in all P.E. activities.</p> <p>3. Student demonstrates interest and effort in all P.E. activities.</p> <p>2. Student demonstrates interest in P.E. activities, yet at times needs encouragement and/or redirection.</p> <p>1. Student often lacks interest and effort and distracts others while participating in P.E. activities.</p>	<p>4. Student demonstrates interest and effort as well as good sportsmanship and teamwork in all P.E. activities.</p> <p>3. Student demonstrates interest and effort in all P.E. activities.</p> <p>2. Student demonstrates interest in P.E. activities, yet at times needs encouragement and/or redirection.</p> <p>1. Student often lacks interest and effort and distracts others while participating in P.E. activities.</p>
Demonstrates age appropriate physical fitness (endurance, strength)	<p>4. Student demonstrates an exemplary level of age appropriate strength and endurance.</p>	<p>4. Student demonstrates an exemplary level of age appropriate strength and endurance in all P.E. activities.</p>	<p>4. Student demonstrates an exemplary level of age appropriate strength and endurance in all P.E. activities.</p>

	<p>3. Student demonstrates age appropriate proficiency in strength and endurance.</p> <p>2. Student is developing age appropriate strength and endurance.</p> <p>1. Student has difficulty performing age appropriate strength and endurance.</p>	<p>3. Student demonstrates age appropriate proficiency in strength and endurance, in all activities.</p> <p>2. Student is developing age appropriate strength and endurance.</p> <p>1. Student has difficulty performing age appropriate strength and endurance..</p>	<p>3. Student demonstrates age appropriate proficiency in strength and endurance, in all activities.</p> <p>2. Student is developing age appropriate strength and endurance.</p> <p>1. Student has difficulty performing age appropriate strength and endurance..</p>
<p>Demonstrates competency in a variety of loco motor skills (running, jumping, skipping, balance):</p>	<p>4. Student consistently and accurately executes all four loco motor skills at an age appropriate level.</p> <p>3. Student can usually perform the four loco motor skills at an age appropriate level.</p> <p>2. Student is developing the proper mechanics of all four loco motor skills.</p> <p>1. Student has difficulty understanding and performing all four loco</p>	<p>4. Student consistently and accurately executes all four loco motor skills at an age appropriate level.</p> <p>3. Student can perform the four loco motor skills at an age appropriate level.</p> <p>2. Student is developing the proper mechanics of all four loco motor skills.</p> <p>1. Student has difficulty understanding and performing all four loco motor skills.</p>	<p>4. Student consistently and accurately executes all four loco motor skills at an age appropriate level.</p> <p>3. Student can perform the four loco motor skills at an age appropriate level.</p> <p>2. Student is developing the proper mechanics of all four loco motor skills.</p> <p>1. Student has difficulty understanding and performing all four loco motor skills.</p>

	motor skills.		
Demonstrates competence in manipulative skills (throwing, catching, kicking):	<p>4. Student consistently tracks ball and executes skill at age appropriate level.</p> <p>3. Student usually tracks ball and executes the skill at age appropriate level.</p> <p>2. Student demonstrates some mechanical errors, after demonstration, tracking the ball and executing the skill.</p> <p>1. Student needs assistance in tracking the ball and executing skills at age appropriate level.</p>	<p>4. Student consistently tracks ball and executes skill at age appropriate level.</p> <p>3. Student usually tracks ball and executes the skill at age appropriate level with cues and assistance.</p> <p>2. Student demonstrates some mechanical errors, after demonstration, tracking the ball and executing the skill.</p> <p>1. Student needs assistance in tracking the ball and executing skills at age appropriate level.</p>	<p>4. Student consistently tracks ball and executes skill at age appropriate level.</p> <p>3. Student usually tracks ball and executes the skill at age appropriate level with cues and assistance.</p> <p>2. Student demonstrates some mechanical errors, after demonstration, tracking the ball and executing the skill.</p> <p>1. Student needs assistance in tracking the ball and executing skills at age appropriate level</p>
Demonstrates self-control and moves safely:	<p>4. Student always moves safely in the gym, in a very coordinated fashion and exhibits exemplary behavior.</p> <p>3. Student moves safely in the gym, is in control of movements and exhibits appropriate behavior in all situations.</p>	<p>4. Student always moves safely in the gym, in a very coordinated fashion and exhibits exemplary behavior.</p> <p>3 Student moves safely, is in good control of movements and exhibits appropriate behavior in all situations.</p> <p>2. Student regularly moves safely in the gym, with control of</p>	<p>4. Student always moves safely in the gym, in a very coordinated fashion and exhibits exemplary behavior.</p> <p>3 Student moves safely, is in good control of movements and exhibits appropriate behavior in all situations.</p> <p>2. Student regularly moves safely in the gym, with control of movements and behavior in most situations.</p> <p>1. Student has difficulty moving safely in the</p>

	<p>2. Student regularly moves safely in the gym, with control of movements and behavior.</p> <p>1. Student has difficulty moving safely in the gym, and is not always in control of movements and behavior.</p>	<p>movements and behavior in most situations.</p> <p>1. Student has difficulty moving safely in the gym, and is not always in control of movements and behavior.</p>	<p>gym, and is not always in control of movements and behavior.</p>
--	---	--	---

*The above indicates what a child needs to achieve in order to receive a 3 on their report card.