

Pre-Kindergarten Physical Education Rubrics

June 1, 2023

Six Weeks	Assessment	Developed	Still Developing
1	None Reported on Pre-Kindergarten Report Card.		
2	Balance on dominant foot for three seconds.	Demonstrates and maintains excellent upright posture and balance when standing on one foot for three seconds. The head is up and the arms are out to the side.	Demonstrates large balance errors while standing on one leg or can only maintain an upright position for 1 or 2 seconds.
3	Gallops five consecutive times leading with dominant foot.	Demonstrates and maintains excellent posture while leading with dominant foot during five consecutive gallops. The toes point forward. There is a brief period where both feet are off the ground and the arms are bent and lifted at waist level.	Demonstrates incorrect technique for 1-4 of the five consecutive gallops.
4	Hops two consecutive times on dominant foot.	Demonstrates correct technique while hopping two consecutive times on each leg. The arms are bent at the elbow and held out by the sides for balance. The body is upright and the head is held up with eyes looking forward. The nonsupport leg is bent at the knee with the foot behind the body. The landing is soft and on the balls of the feet.	Demonstrates incorrect technique or has balance errors when hopping two times consecutively.
5	Cross Crawl Front: Right hand to left knee, left hand to right knee. Repeat the Cross Crawl pattern five consecutive times.	Demonstrates the cross crawl pattern five times consecutively. The body is balanced with the head held up and the eyes looking forward. The knee is raised to hip height as the student reaches with the opposite hand to touch the knee in front of the body.	Demonstrates the movements that are jerky and the rhythm varies. Or has difficulty maintaining an upright balance when using the opposite hand to knee movement 1-4 times.
6	Underhand bean bag toss to a 36" target from five feet away three consecutive times.	Demonstrates correct technique while hitting a 36" flat target from 5' away three consecutive times. The body faces the target and the eyes remain on the target during the entire toss. The tossing arm swings back while the body weight transfers to the same foot as the tossing arm. As the arm swings forward the student steps toward the target with the opposite foot. The follow through is in the direction of the throw.	Demonstrates 1-2 times difficulty stepping toward the target, shifting weight during the toss or stepping toward the target with the opposite foot and hitting the target. Throws the object too high or too low. The tossing arm does not swing in a forward back motion.
* Pre-Kindergarten Teacher will put information on PE skills on the Report Card from your PK PE checklist.			
* Pre-Kindergarten Checklist is the Scope & Sequence & Assessment Folder.			