

Kindergarten Physical Education Rubrics

April 3, 2023

Six Weeks	Assessment	#3 Meets Expectation	#2 Making Progress	#1 Experiencing Difficulty
1	None Reported on Kindergarten Report Card.			
2	Walks forward the length of the balance beam.	Demonstrates and maintains excellent posture and balance when walking forward the length of the beam. The head is up and the eyes are down. The arms are out to the side.	Sometimes demonstrates large balance errors while walking forward the length of the beam.	Demonstrates difficulty maintaining upright balance and falls off the beam while walking forward.
3	Gallops five consecutive times leading with each foot.	Demonstrates and maintains excellent posture with either foot leading while galloping. 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 control with only one of the feet leading.	Demonstrates difficulty when leading with left foot and when leading with the right foot.
4	Hops forward five consecutive times on each leg.	Demonstrates correct technique while hopping forward 5 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 correct technique of hopping on only one leg.	Demonstrates difficulty hopping on each leg
5	Cross Crawl Behind: Right hand to left knee, left hand to right knee. Repeat the Cross Crawl pattern five times.	Demonstrates the cross crawl pattern 5 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 movements that are jerky and the rhythm varies.	Demonstrates difficulty maintaining balance and/or using the opposite hand to knee movement.
6	Underhand toss to a 36" target from 8 feet away.	Demonstrates correct technique while hitting a 36" flat target from 8' away. 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.	Sometimes demonstrates difficulty stepping toward the target, shifting weight during the toss or stepping toward the target with the opposite foot.	Demonstrates difficulty with the timing of the release, throwing the object too high or too low. The tossing arms does not swing in a forward back motion.