

Arlington Central School District  
Physical Education Grading Rubric

	<b>Excelling</b>  <b>4</b>	<b>Proficient</b>  <b>3</b>	<b>Approaching</b>  <b>2</b>	<b>Below Grade Level Standards</b>  <b>1</b>
<b>Movement &amp; Skill Performance</b>	<p>Consistently demonstrates proper mechanics of skills using mature patterns and sequences at different speeds, levels, and directions as they apply to a variety of activities.</p> <p>Consistently demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and uses biomechanical concepts and principles to improve performance of self and others.</p>	<p>Frequently demonstrates proper mechanics of skills at different speeds, levels, and directions.</p> <p>Frequently demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and frequently uses biomechanical concepts and principles to improve performance of self and others.</p>	<p>Sometimes demonstrates proper mechanics of skills at different speeds, levels, and directions.</p> <p>Sometimes demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and sometimes uses biomechanical concepts and principles to improve performance of self and others.</p>	<p>Rarely demonstrates the need for improvement in the proper mechanics of skills at different speeds, levels, and directions.</p> <p>Rarely demonstrates the ability to recognize the need to make adjustments in the performance of movement skills and rarely uses biomechanical concepts and principles to improve performance of self and others.</p>
<b>Content Knowledge</b>	<p>Consistently demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Consistently applies movement concepts and conventions to a variety of basic skills. Knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>	<p>Frequently demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Frequently applies movement concepts and conventions to a variety of basic skills. Frequently knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>	<p>Sometimes demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Sometimes applies movement concepts and conventions to a variety of basic skills. Sometimes knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>	<p>Rarely demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Rarely applies movement concepts and conventions to a variety of basic skills. Rarely knows how to analyze and compare health and fitness benefits derived from various physical activities.</p>
<b>Personal &amp; Social Responsibility</b>	<p><b>Consistently demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student consistently follows directions and demonstrates respect for teachers and others.</b></p> <p><b>*On time and prepared for physical activity.</b></p>	<p><b>Frequently demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student frequently follows directions and demonstrates respect for teachers and others.</b></p> <p><b>*Late to class and prepared for physical activity.</b></p>	<p><b>Sometimes demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student lacks self-control and special awareness. Student sometimes follows directions and demonstrates respect for teachers and others.</b></p> <p><b>*Late and insufficient warm up activity.</b></p>	<p><b>Rarely demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student lacks self-control and special awareness. Student rarely follows directions and rarely demonstrates respect for teachers and others.</b></p> <p><b>*Unprepared for physical activity.</b></p>
<b>Physical Activity</b>	<p>Consistently demonstrates the ability to participate in moderate to vigorous physical activity for short durations of time.</p> <p><b>**Exemplary demonstration of skills and knowledge learned in class during personal leisure time.</b></p>	<p>Frequently demonstrates the ability to participate in moderate to vigorous physical activity for short durations of time.</p> <p><b>**Demonstrates use of skills and knowledge learned in class during personal leisure time.</b></p>	<p>Sometimes demonstrates the ability to participate in moderate physical activity for short durations of time.</p> <p><b>**Approaching expectations and ability to demonstrate use of skills and knowledge learned in class during personal leisure time.</b></p>	<p>Rarely demonstrates the ability to participate in moderate physical activity for short durations of time.</p> <p><b>**Unable to demonstrate use of skills and knowledge learned in class during personal leisure time.</b></p>

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