

ELEMENTARY PHYSICAL EDUCATION CONTENT RUBRIC

Marking Period _____, 20____ - 20____

Student:

Evaluator:

Grade:

Homeroom Teacher:

| Level | Description |
|-----------------|--|
| 1 = Precontrol | Unable to repeat movements, extraneous movements, awkward, incorrect performance. |
| 2 = Control | Movements are less haphazard, more consistent, beginning to perform correctly, repetitions are somewhat alike. |
| 3 = Utilization | Movement is more automatic, can be performed correctly with consistency. |
| 4 = Proficiency | Skill has become automatic, repeated performances appear almost identical. |

| I. DEVELOPMENT OF GENERAL MOVEMENT TASKS | <u>Precontrol</u> | <u>Control</u> | <u>Utilization</u> | <u>Proficiency</u> |
|--|--------------------------|-----------------------|---------------------------|---------------------------|
| <ul style="list-style-type: none"> Uses a variety of different body parts to support, hold or transfer body weight | | | | |
| <ul style="list-style-type: none"> Uses a variety of different body parts to apply force to an object | | | | |
| <ul style="list-style-type: none"> Maintains control of an object while repeatedly striking it with a variety of body parts | | | | |
| <ul style="list-style-type: none"> Maintains balance and control in quick, unplanned stops and starts | | | | |
| <ul style="list-style-type: none"> Uses space effectively to avoid contact with other persons or objects | | | | |
| <ul style="list-style-type: none"> Utilizes different areas, levels, pathways, and directions within own movement space | | | | |
| <ul style="list-style-type: none"> Creates/demonstrates control and flow in sequencing several movements | | | | |
| <ul style="list-style-type: none"> Demonstrates effective follow-through/weight transference | | | | |

| II. DEVELOPMENT OF SPECIFIC MOVEMENT TASKS | | | | |
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| Foot Locomotion (using the feet to travel from place to place) | | | | |
| • Can identify and perform various types of foot locomotion (walk, run, gallop, skip, hop, jump, leap) | | | | |
| • Uses arms during foot locomotion to produce force and maintain balance | | | | |
| • Hops on the preferred foot with balance | | | | |
| • Hops on the non-preferred foot with balance | | | | |
| Overarm Throw for Force | | | | |
| • Demonstrates effective arm action | | | | |
| • Demonstrates body rotation | | | | |
| • Demonstrates transfer of weight | | | | |
| Sidearm Striking (paddle or bat and free or suspended ball) | | | | |
| • Demonstrates effective grip | | | | |
| • Demonstrates effective arm action | | | | |
| • Demonstrates effective body rotation | | | | |
| • Demonstrates transfer of weight | | | | |
| Kicking | | | | |
| • Demonstrates effective approach steps | | | | |
| • Uses support foot consistently | | | | |
| • Demonstrates effective leg swing | | | | |
| • Demonstrates effective follow-through | | | | |

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| Catching | | | | |
| <ul style="list-style-type: none"> Demonstrates effective tracking of object(s) | | | | |
| <ul style="list-style-type: none"> Demonstrates ability to adjust body position to flight of object | | | | |
| <ul style="list-style-type: none"> Demonstrates effective use of arms and body for absorbing force of tossed object | | | | |
| <ul style="list-style-type: none"> Consistently catches a variety of self-tossed objects | | | | |
| <ul style="list-style-type: none"> Effectively catches objects struck or thrown by someone else | | | | |

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| III. MOVEMENT UNDERSTANDING | | | | |
| <ul style="list-style-type: none"> Understands how force and speed are applied to body management and objectives | | | | |
| <ul style="list-style-type: none"> Understands how to use space effectively | | | | |
| <ul style="list-style-type: none"> Understands how to make choices appropriate to own and others' limitations/abilities | | | | |
| <ul style="list-style-type: none"> Understands and applies simple strategic concepts as related to game settings | | | | |

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| IV. PHYSICAL FITNESS | | | | |
| <ul style="list-style-type: none"> Works to maintain an acceptable level of fitness | | | | |
| <ul style="list-style-type: none"> Demonstrates an understanding of the relationship between personal fitness and a healthy lifestyle | | | | |
| <ul style="list-style-type: none"> Understands that the skill related components of physical fitness are affected through the participation in a variety of activities | | | | |
| <ul style="list-style-type: none"> Demonstrates muscular strength and cardiovascular endurance appropriate to skeletal size, body mass | | | | |
| <ul style="list-style-type: none"> Understands the short and long-term physiological effects of physical activity | | | | |