

Standards	Standard 1		Standard 2	Standard 3	Standard 3	Standard 4	Standard 4	Standard 5
	S1.E1.1 Locomotor	S1.E1.1 Locomotor	S2.E2.1 Pathways, Shapes and Levels	S3.E2 Engages in Physical Activity	S3.E3.1 Fitness Knowledge	S4.E6.1 Safety	S4.E1-6.1 Procedures and Personal Responsibility	S5.E3.1 Self-expression and enjoyment
Rubric	<p>Hops, gallops, jogs and slides using a mature pattern (i.e., forward movement, step together step, hop on right foot, hop on left foot)</p> <p>National Standard Metrics page 58 The following skills will be assessed for Galloping: 1) same foot leading 2) forward orientation 3) moment of non-support 4) back foot does not move in front of lead foot.</p>	<p>Hops, gallops, jogs and slides using a mature pattern (i.e., forward movement, step together step, hop on right foot, hop on left foot)</p> <p>National Standard Metrics page 26 The following skills will be assessed for Hopping: 1) taking off of one foot and landing on the same foot with smooth balanced action 2) hops in self space continuously for 10 seconds</p>	<p>Travels demonstrating a variety of relationships with objects (e.g. over, under, around, through)</p> <p>Patterns of over, under, around and through to cues. Can use hula hoop, tunnel, hurdles, mats etc.</p>	<p>Participates in moderate to vigorous physical activity (e.g., free play, play with peers, organized activity).</p> <p>(teacher observation and documentation)</p>	<p>Identifies activities that develop the heart by increasing the heart rate. (e.g. sitting, laying down, running, walking, reading, dancing to music, biking)</p>	<p>Uses control in travel activities (e.g., changes directions in a safe manner, shows an awareness of objects and other people when moving).</p> <p>Assess by using Checklist, teacher observation and documentation</p> <ol style="list-style-type: none"> Without falling down Without touching others Without touching walls Change direction in safe manner 	<p>Applies rules and procedures during physical activity (e.g., safety, equipment, directions, shows respect for self and others.</p>	<p>Identifies Personal reasons for enjoying physical activities.</p>
3-Applying	The student demonstrates all 4 essential skills using a mature pattern with fluid motion. The student can lead with right and left foot.	The student hops taking off from one foot and landing on the same foot with smooth, balanced action on either foot. Hops within self-space (hula hoop) continuously for 10 seconds with fluid motion and consistency on right and left foot.	The student can give verbal cue and demonstrate all 4 patterns.	The student participates and is on task. No inactivity marks have been given. The student initiates and models positive, healthy, active lifestyle habits. The student models self motivation in relation to knowledge of the positive effects of being physically active in the physical education classroom.	The student can identify all four activities that represent increase in heart rate and demonstrate another activity that will increase their hear rate. (e.g. jumping, leaping, hopping, galloping, etc.)	The student will be able to move through general space by changing directions in a safe manner without falling, and without touching others, walls, or objects (cones) at a controlled pace.	The student has not had any behavior marks. The student is caring & helps others. The student is compassionate, uses interpersonal skills without rewards or teacher direction. The student listens & follows directions, shows self-control & sportsmanship, works & plays safely without any teacher intervention.	The student can identify 2 or more Personal reasons for enjoying physical activities (e.g. playing with friends, enjoyment, good feeling after playing, etc.)
2-Maturing	The student demonstrates all 4 essential skills using a mature pattern. The student can lead with either the right or left foot.	The student hops taking off from one foot and lands on the same foot. Hops within self-space (hula hoop) continuously for 10 seconds with no loss of balance or extraneous arm motion.	The student can demonstrate all 4 patterns on cue.	The student participates and is on task. The student has been given 1-3 inactivity marks. The student is self-directed & self-motivated and practices the positive effects of a healthy active lifestyle during physical education activities.	The student can identify all four activities that represent increase in heart rate.	The student will be able to move through general space by changing directions in a safe manner without falling, touching others, or walls at a controlled pace. (4 out of 4).	The student has been given 1-3 behavior marks The student listens & follows directions, shows self-control & sportsmanship with little teacher intervention.	The student can identify 1 Personal reason for enjoying physical activities (e.g. playing with friends, enjoyment, good feeling after playing, etc.)
1-Emerging	The student demonstrates the gallop with only 3-4 essential skills present.	The student performs hopping action correctly on one foot. Hops continuously for less than 9 seconds with some loss of balance, and does not stay in hula hoop.	The student can demonstrate 3 of the 4 patterns on cues.	The student participates and is on task. The student has been given 4-6 inactivity marks have been given. The student does not regularly participate in physical education activities. Participation in physical education requires teacher intervention.	The student can identify three activities that represent increase in heart rate.	The student will be able to move through general space by changing directions in a safe manner, without falling, touching others or walls at a controlled pace (3 out of 4).	The student has been given 4-6 behavior marks. The student shows an inability to listen or follow directions. The student demonstrates limited self-control, little or no responsibility, does not play by the rules. Participation in physical education requires teacher intervention.	The student can't identify any Personal reasons for enjoying physical activities (e.g. playing with friends, enjoyment, good feeling after playing, etc.)