

STANDARD	NEEDS STRENGTHENING	DEVELOPING	SECURE	EXEMPLARY
Demonstrates competency in motor skills and movement patterns.	Beginning to use the six skill cues to complete a lay-up.	Inconsistently uses the six skill cues to complete a lay-up.	Consistently uses the six skill cues to complete a lay-up.	Demonstrates mature form when completing a lay-up in multiple skill situations.
	Beginning to complete a jump rope routine.	Inconsistently completes a jump rope routine.	Consistently completes a jump rope routine (with one restart).	Consistently completes a jump rope routine (with zero restarts).
	Beginning to use the five skill cues to demonstrate a volleyball forearm pass.	Inconsistently uses the five skill cues to demonstrate a volleyball forearm pass.	Consistently uses the five skill cues to demonstrate a volleyball forearm pass.	Demonstrates mature form when completing a volleyball forearm pass in multiple skill situations.
	Beginning to use the five skill cues to demonstrate a volleyball overhead pass.	Inconsistently uses the five skill cues to demonstrate a volleyball overhead pass.	Consistently uses the five skill cues to demonstrate a volleyball overhead pass.	Demonstrates mature form when completing a volleyball overhead pass in multiple skill situations.
Applies skills concepts, strategies, and tactics to improve physical performance.	Beginning to use offensive strategies (pick and roll, cuts, pass fake, shot fake) during game play.	Inconsistently uses offensive strategies (pick and roll, cuts, pass fake, shot fake) during game play.	Consistently uses two offensive strategies (pick and roll, cuts, pass fake, shot fake) during game play.	Consistently uses three or more offensive strategies (pick and roll, cuts, pass fake, shot fake) during game play.
	Beginning to identify the vocabulary, game rules and techniques used in basketball, on a written assessment.	Inconsistently identifies the vocabulary, game rules and techniques used in basketball, on a written assessment.	Consistently identifies the vocabulary, game rules and techniques used in basketball, on a written assessment.	Consistently identifies the vocabulary, game rules and techniques used in basketball, on a written assessment, and applies knowledge to classroom activities.
	Beginning to identify the game rules and scoring used in volleyball, on a written assessment.	Inconsistently identifies the game rules and scoring used in volleyball, on a written assessment.	Consistently identifies the game rules and scoring used in volleyball, on a written assessment.	Consistently identifies the game rules and scoring used in volleyball, on a written assessment and applies knowledge to classroom activities.

	Beginning to identify the warning signs, risk factors for and ways to reduce heart disease, on a written assessment.	Inconsistently identifies the warning signs, risk factors for and ways to reduce heart disease, on a written assessment.	Consistently identifies the warning signs, risk factors for and ways to reduce heart disease, on a written assessment.	Consistently identifies the warning signs, risk factors for and ways to reduce heart disease, on a written assessment, and applies knowledge to classroom activities.
	Beginning to identify the impact physical activity has on the heart, lungs, joints and muscles, on a written assessment.	Inconsistently identifies the impact physical activity has on the heart, lungs, joints and muscles, on a written assessment.	Consistently identifies the impact physical activity has on the heart, lungs, joints and muscles, on a written assessment.	Consistently identifies the impact physical activity has on the heart, lungs, joints and muscles, on a written assessment, and applies knowledge to classroom activities.
Exhibits responsible personal and social behavior that respects self and others.	Beginning to follow some rules of fair-play in games and activities.	Inconsistently follows the rules of fair-play in games and activities.	Consistently follows the rules of fair-play in each game and activity.	Demonstrates and models how to follow the rules of fair-play in games and activities.
	Beginning to stay on task.	Inconsistently stays on task.	Consistently works independently and productively on specific skills as assigned.	Consistently works independently and challenges self to strive for personal best.
	Beginning to display some aspects of listening and following directions.	Inconsistently displays aspects of listening and following directions.	Consistently follows directions given for all class activities in a timely manner.	Demonstrates and models good listening skills and following directions.
	Beginning to continue participation even when being challenged.	Inconsistently continues participation even when being challenged.	Consistently continues participation even when being challenged.	Thrives on pursuing new skills and perseveres through challenges with a positive attitude.
	Beginning to show readiness to participate by wearing appropriate footwear for class.	Inconsistently shows readiness to participate by wearing appropriate footwear for class.	Consistently shows readiness to participate by wearing appropriate footwear for class.	N/A

	Beginning to take turns/sharing equipment/including all class and/or teammates in basketball game play.	Inconsistently takes turns/sharing equipment/including all class and/or teammates in basketball game play.	Consistently takes turns/sharing equipment/including all class and/or teammates in basketball game play.	Leads by example by taking turns/sharing equipment/including all class and/or teammates in basketball game play.
	Beginning to take turns/sharing equipment/including all class and/or teammates in volleyball game play.	Inconsistently takes turns/sharing equipment/including all class and/or teammates in volleyball game play.	Consistently takes turns/sharing equipment/including all class and/or teammates in volleyball game play.	Leads by example by taking turns/sharing equipment/including all class and/or teammates in volleyball game play.