

STANDARD	NEEDS STRENGTHENING	DEVELOPING	SECURE	EXEMPLARY
Demonstrates competency in motor skills and movement patterns.	Beginning to use the four skill cues to complete a slide while also alternating lead leg.	Inconsistently uses the four skill cues to complete a slide while also alternating lead leg.	Consistently uses the four skill cues to complete a slide while also alternating lead leg.	Demonstrates mature sliding form in multiple skill situations.
	Beginning to use the four skill cues to complete a skip.	Inconsistently uses the four skill cues to complete a skip.	Consistently uses the four skill cues to complete a skip.	Demonstrates mature skipping form in multiple skill situations.
	Beginning to use the three skill cues to complete a leap.	Inconsistently uses the three skill cues to complete a leap.	Consistently uses the three skill cues to complete a leap.	N/A
	Beginning to use the four skill cues to demonstrate proper running form.	Inconsistently uses the four skill cues to demonstrate proper running form.	Consistently uses the four skill cues to demonstrate proper running form.	Demonstrates mature running form in multiple skill situations.
	Beginning to complete a stationary basketball dribble with the dominant and non-dominant hand.	Inconsistently completes a stationary basketball dribble with the dominant and non-dominant hand.	Consistently completes a stationary basketball dribble with the dominant and non-dominant hand.	Demonstrates mature form for a stationary basketball dribble with the dominant and non-dominant hand in multiple basketball activities.
	Beginning to maintain a basketball dribble while traveling the length of the gym.	Inconsistently maintains a basketball dribble while traveling the length of the gym.	Consistently maintains a basketball dribble while traveling the length of the gym.	Consistently maintains a basketball dribble while traveling the length of the gym while looking up and ahead.
	Beginning to complete a double bounce in a short rope jump with feet together.	Inconsistently completes a double bounce in a short rope jump with feet together.	Consistently completes a double bounce in a short rope jump with feet together (10).	Consistently completes a double bounce in a short rope jump with feet together (more than 10).
	Beginning to complete consecutive jumps in a turning long rope.	Inconsistently completes consecutive jumps in a turning long rope.	Consistently completes consecutive jumps in a turning long rope (10).	Consistently completes consecutive jumps in a turning long rope (more than 10).

Recognizes and participates in a health-enhancing level of physical fitness.	Beginning to maintain endurance in muscular strength activities.	Inconsistent level of endurance demonstrated in muscle strength activities.	Consistent level of endurance demonstrated in muscle strength activities.	Exceptional level of endurance demonstrated in muscle strength activities.
	Beginning to demonstrate a moderate level of intensity and pacing strategies.	Inconsistently demonstrates a moderate level of intensity and appropriate pacing strategies.	Consistently demonstrates a moderate level of intensity and good pacing strategies.	Exceptional pacing strategies and vigorous levels of intensity demonstrated in multiple skill situations.
Exhibits responsible personal and social behavior that respects self and others.	Beginning to demonstrate some aspects of game play sportsmanship, but has difficulty understanding the difference between participation and competition.	Inconsistently demonstrates aspects of game play sportsmanship, and needs reminders that games are played to advance skills and have fun.	Consistently demonstrates good sportsmanship in high fives or encouraging words to teammates and opponents during game play.	Demonstrates and models excellent sportsmanship during game play.
	Beginning to follow some of the 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 demonstrate some aspects of end game sportsmanship, but has a hard time accepting game outcomes.	Inconsistently demonstrates aspects of end game sportsmanship, and needs reminders to handle game outcomes appropriately.	Consistently demonstrates good end game sportsmanship, and enjoys participating in games regardless of game outcome.	Demonstrates and models appropriate reaction to end game outcomes.
	Beginning to stay on task.	Inconsistently stays on task.	Consistently works independently and productively on specific skills as assigned.	Student 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.	Student leads by example in listening and following directions.
	Beginning to show acceptance of classmates.	Inconsistently shows acceptance of classmates, and needs reminders in	Consistently accepts all classmates without regard to personal differences	Student accepts all classmates and goes above and beyond by inviting and

		some situations.	(ethnicity, gender, disability).	making sure all classmates are included.
	Beginning to work cooperatively with others on rope turning skills.	Inconsistently works cooperatively with others on rope turning skills.	Consistently works cooperatively with others on rope turning skills.	N/A
	Beginning to wear appropriate footwear for class.	Inconsistently wears appropriate footwear for class.	Consistently wears appropriate footwear for class.	N/A
Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	N/A	Inconsistently shares verbal or nonverbal indicators of enjoyment of class activities.	Consistently shares verbal and nonverbal indicators of enjoyment of class activities.	N/A
	Beginning to participate in challenging activities.	Inconsistently continues participating in challenging activities.	Consistently participates even when being challenged.	Thrives on pursuing new skills and perseveres through challenges with a positive attitude.