

STANDARD	NEEDS STRENGTHENING	DEVELOPING	SECURE	EXEMPLARY
Demonstrates competency in motor skills and movement patterns.	Beginning to use the five skill cues to complete an overhand throw.	Inconsistently uses the five skill cues to complete an overhand throw.	Consistently uses the five skill cues to complete an overhand throw.	Demonstrates mature form to complete an overhand throw in multiple skill situations.
	Beginning to use the four skill cues to complete a catch above the waist.	Inconsistently uses the four skill cues to complete a catch above the waist.	Consistently uses the four skill cues to complete a catch above the waist.	Demonstrates mature form to complete a catch above the waist in multiple skill situations.
	Beginning to use the five skill cues to strike a stationary object with a short or long handled implement.	Inconsistently uses the five skill cues to strike a stationary object with a short or long handled implement.	Consistently uses the five skill cues to strike a stationary object with a short or long handled implement.	Demonstrates mature form to strike a stationary object with a short or long handled implement in multiple skill situations.
Applies skill concepts, strategies, and tactics to improve physical performance.	Beginning to identify the skill cues in order, used for the overhand throw.	Inconsistently identifies the skill cues in order, used for the overhand throw.	Consistently identifies the skill cues in order, used for the overhand throw.	N/A
	Beginning to identify the correct hand position for catching.	Inconsistently identifies the appropriate hand positions for catching.	Consistently identifies the appropriate hand positions for catching.	N/A
Recognizes and participates in a health-enhancing level of physical fitness.	Beginning to categorize the selected physical activities into three intensity levels (vigorous, moderate and light).	Inconsistently categorizes the selected physical activities into three intensity levels (vigorous, moderate and light).	Consistently categorizes the selected physical activities into three intensity levels (vigorous, moderate and light).	Consistently categorizes the selected physical activities into three intensity levels (vigorous, moderate and light) and applies knowledge to classroom activities.
	Beginning to identify the five fitness components that are tested on each Fitnessgram test.	Inconsistently identifies the five fitness components that are tested on each Fitnessgram test.	Consistently identifies the five fitness components that are tested on each Fitnessgram test.	Consistently identifies the five fitness components that are tested on each Fitnessgram test and applies knowledge to classroom activities.

<p>Exhibits responsible personal and social behavior that respects self and others.</p>	<p>Beginning to demonstrate some aspects of game play sportsmanship, but has difficulty understanding the difference between participation and competition.</p>	<p>Inconsistently demonstrates aspects of game play sportsmanship, and needs reminders that games are played to advance skills and have fun.</p>	<p>Consistently demonstrates good sportsmanship in high fives or encouraging words to teammates and opponents during game play.</p>	<p>Demonstrates and models excellent sportsmanship during game play.</p>
	<p>Beginning to follow some rules of fair-play in games and activities.</p>	<p>Inconsistently follows the rules of fair-play in games and activities.</p>	<p>Consistently follows the rules of fair-play in each game and activity.</p>	<p>Demonstrates and models how to follow the rules of fair-play in games and activities.</p>
	<p>Beginning to demonstrate some aspects of end game sportsmanship, but has a hard time accepting game outcomes.</p>	<p>Inconsistently demonstrates aspects of end game sportsmanship, and needs reminders to handle game outcomes appropriately.</p>	<p>Consistently demonstrates good end game sportsmanship and enjoys participating in games regardless of game outcome.</p>	<p>Demonstrates and models appropriate reaction to end game outcomes.</p>
	<p>Beginning to stay on task.</p>	<p>Inconsistently stays on task.</p>	<p>Consistently works independently and productively on specific skills as assigned.</p>	<p>Consistently works independently and challenges self to strive for personal best.</p>
	<p>Beginning to display some aspects of listening and following directions.</p>	<p>Inconsistently displays some aspects of listening and following directions.</p>	<p>Consistently follows directions given for all class activities in a timely manner.</p>	<p>Demonstrates and models good listening skills and following directions.</p>
	<p>Beginning to show acceptance of classmates.</p>	<p>Inconsistently shows acceptance of classmates, and needs reminders in some situations.</p>	<p>Consistently accepts all classmates without regard to personal differences (ethnicity, gender, disability).</p>	<p>Demonstrates and models acceptance of all classmates and goes above and beyond by inviting and making sure all classmates are included.</p>

	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.	Names a favorite exercise but is beginning to explain why it is enjoyable and beneficial to participate in.	names a favorite exercise but inconsistently explains why it is enjoyable and beneficial to participate in.	Consistently names a favorite exercise, why it is enjoyable and the health benefit of participation.	N/A
	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 to participate in challenging activities.	Consistently participates even when being challenged.	Thrives on pursuing new skills and perseveres through challenges with a positive attitude.