

STANDARD	NEEDS STRENGTHENING	DEVELOPING	SECURE	EXEMPLARY
Demonstrates competency in motor skills and movement patterns.	Beginning to complete a balance beam routine including movements from each of three balance categories.	Inconsistently completes a balance beam routine including movements from each of three balance categories.	Consistently completes a balance beam routine including movements from each of three balance categories.	Consistently completes a balance beam routine including more than one movement from each of three balance categories.
	Beginning to use the four skill cues to complete a forward roll.	Inconsistently uses the four skill cues to complete a forward roll.	Consistently uses the four skill cues to complete a forward roll.	Demonstrates mature form when completing a forward roll in multiple skill situations.
	Beginning to combine movement patterns while traveling to the beat of the music.	Inconsistently combines movement patterns while traveling to the beat of the music.	Consistently combines three movement patterns while traveling to the beat of the music.	Consistently combines more than three movement patterns while traveling to the beat of the music.
	Beginning to traverse across four panels of the wall.	Inconsistently traverses across four panels of the wall.	Consistently traverses across four panels of the wall.	Demonstrates mature form when traversing across the four panels of the wall, in multiple skill situations.
	Beginning to traverse across the wall while going over, under or through an object/obstacle.	Inconsistently traverses across the wall while going over, under or through an object/obstacle.	Consistently traverses across the wall while going over, under or through an object/obstacle.	Demonstrates mature form when traversing across the four panels of the wall while going over, under or through an object/obstacle, in multiple skill situations.
Applies skills concepts, strategies, and tactics to improve physical performance.	Beginning to identify the eight tumbling positions on a written assessment.	Inconsistently identifies the eight tumbling positions on a written assessment.	Consistently identifies the eight tumbling positions on a written assessment.	Consistently identifies the eight tumbling positions on a written assessment, and applies knowledge to classroom activities.
	Beginning to identify ways to stay safe when participating in physical activity.	Inconsistently identifies ways to stay safe when participating in physical activity.	Consistently identifies ways to stay safe when participating in physical activity.	Consistently identifies ways to stay safe when participating in physical activity and applies knowledge to classroom activities.
Participates regularly in physical activity outside of school.	Beginning to record physical activities on an activity calendar for six weeks.	Inconsistently records physical activities on an activity calendar for six weeks	Consistently records physical activities on an activity calendar for six weeks.	Records daily physical activities on an activity calendar for six weeks.

Recognizes and participates in a health-enhancing level of physical fitness.	Beginning to record fitness scores and write a fitness goal.	Inconsistently records fitness scores and writes a fitness goal.	Consistently records fitness scores and writes a fitness goal.	Consistently records fitness scores and writes more than one fitness goal.
	Beginning to identify the five healthy zones for their fitness scores.	Inconsistently identifies the five healthy zones for their fitness scores.	Consistently identifies the five healthy zones for their fitness scores.	Consistently identifies the five healthy zones for their fitness scores 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 show acceptance of classmates.	Inconsistently shows acceptance of classmates, and needs reminders to do so.	Consistently accepts all classmates without regard to personal differences (ethnicity, gender, disability).	Demonstrates and models acceptance of all classmates and goes above and beyond by inviting and making sure all classmates are included.
	Beginning to utilize safety procedures (emphasized during climbing and tumbling activities).	Inconsistently utilizes safety procedures (emphasized during climbing and tumbling activities).	Consistently utilizes safety procedures (emphasized during climbing and tumbling activities).	Applies safety procedures (emphasized during climbing and tumbling activities) in all class activities.