

STANDARD	NEEDS STRENGTHENING	DEVELOPING	SECURE	EXEMPLARY
Demonstrates competency in motor skills and movement patterns.	Beginning to use the five skill cues to demonstrate a one-hand basketball shot.	Inconsistently uses the five skill cues to demonstrate a one-hand basketball shot.	Consistently uses the five skill cues to demonstrate a one-hand basketball shot.	Demonstrates mature form when completing a one-hand basketball shot in multiple skill situations.
	Beginning to jump consecutive jumps while trying to perform jump rope tricks.	Inconsistently jumps consecutive jumps while trying to perform jump rope tricks.	Consistently jumps consecutive jumps while trying to perform two jump rope tricks.	Consistently jumps consecutive jumps while trying to perform more than two jump rope tricks.
	Beginning to jump consecutive jumps while trying to perform partner jump rope tricks.	Inconsistently jumps consecutive jumps while trying to perform partner jump rope tricks.	Consistently jumps consecutive jumps while trying to perform two partner jump rope tricks.	Consistently jumps consecutive jumps while trying to perform more than two partner jump rope tricks.
	Beginning to use the six skill cues to demonstrate an underhand volleyball serve.	Inconsistently uses the six skill cues to demonstrate an underhand volleyball serve.	Consistently uses the six skill cues to demonstrate an underhand volleyball serve.	Demonstrates mature form when completing an underhand volleyball serve in multiple skill situations.
Applies skill concepts, strategies, and tactics to improve physical performance.	Beginning to complete a basic basketball cut.	Inconsistently completes basic basketball cut.	Consistently completes basic basketball cut.	Consistently completes basic basketball cut in multiple skill situations.
	Beginning to identify the six volleyball positions and the correct rotation, on a written assessment.	Inconsistently identifies the six volleyball positions and the correct rotation, on a written assessment.	Consistently identifies the six volleyball positions and the correct rotation, on a written assessment.	Consistently identifies the six volleyball positions and the correct rotation, on a written assessment, and applies knowledge to classroom activities.
	Beginning to identify the risk factors for and ways to reduce heart disease, on a written assessment.	Inconsistently identifies the risk factors for and ways to reduce heart disease, on a written assessment.	Consistently identifies the risk factors for and ways to reduce heart disease, on a written assessment.	Consistently identifies the risk factors for and ways to reduce heart disease, 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 begin 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.