

STANDARD	NEEDS STRENGTHENING	DEVELOPING	SECURE	EXEMPLARY
Demonstrates competency in motor skills and movement patterns.	Beginning to demonstrate the three eye-hand tasks (roll, underhand and overhand throw).	Inconsistently demonstrates the three eye-hand tasks (roll, underhand and overhand throw).	Consistently demonstrates the three eye-hand tasks (roll, underhand and overhand throw).	N/A
	Beginning to toss a ball underhand to self, and catch it with no bounce.	Inconsistently tosses a ball underhand to self, and catches it with no bounce.	Consistently tosses a ball underhand to self, and catches it with no bounce.	Demonstrates mature form tossing a ball underhand to self, and catching it with no bounce in multiple skill situations.
Applies skill concepts, strategies, and tactics to improve physical performance.	N/A	Inconsistently recognizes that making a muscle work, makes it stronger.	Consistently recognizes that making a muscle work, makes it stronger.	N/A
	Beginning to travel with relationship to objects, (over, under, behind, next to and through).	Inconsistently travels with relationship to objects, (over, under, behind, next to and through).	Consistently travels with relationship to objects, (over, under, behind, next to and through).	N/A
Recognizes and participates in a health-enhancing level of physical fitness.	Beginning to identify the four types of physical fitness (cardio endurance, flexibility, muscle strength and muscle endurance).	Inconsistently identifies the four types of physical fitness (cardio endurance, flexibility, muscle strength and muscle endurance).	Consistently identifies the four types of physical fitness (cardio endurance, flexibility, muscle strength and muscle endurance).	Consistently identifies the four types of physical fitness (cardio endurance, flexibility, muscle strength and muscle endurance) and applies knowledge to classroom activities.
	Beginning to maintain endurance in cardiovascular activities.	Inconsistently demonstrates cardiovascular endurance in class activities.	Consistently demonstrates cardiovascular endurance in class activities.	Demonstrates and models cardiovascular endurance in class activities with vigorous intensity and maintaining excellent pacing strategies.

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 game play sportsmanship, and enjoys participating in games regardless of game outcome.	Demonstrates and models excellent sportsmanship during game play.
	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 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.	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 share or take turns.	Inconsistently shares and take turns.	Consistently shows cooperation by sharing and taking turns.	Demonstrates and models cooperation by sharing and taking turns.
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 identify physical activities that are enjoyable.	Inconsistently identifies physical activities that are enjoyable.	Consistently identifies physical activities that are enjoyable.	Consistently identifies physical activities that are enjoyable and extends enjoyment of participation to outside of class activities.