



# Elementary School PE

## **Purpose**

The rubrics provide a guide to teachers on how to mark students. This helps with consistency across teachers, although all grading involves some subjectivity. In addition to this broad look, more valuable ongoing assessments are utilized to provide detailed data regarding student progress.

# Kindergarten PE

Statement	Exceeds	Secure	Developing	Beginning
Demonstrates basic locomotor movements	Shows mature form while demonstrating basic locomotor movements*	Shows appropriate body position while demonstrating basic locomotor movements	Occasionally shows appropriate body position while demonstrating basic locomotor movements	Rarely shows appropriate body position while demonstrating basic locomotor movements
Strikes a stationary object	Shows mature striking form, including weight transfer, hip rotation, and follow through*	Shows appropriate body position and achieves solid contact with object	Shows appropriate body position or achieves solid contact with object	Shows inappropriate body position and does not contact object
Throws underhand	Shows mature form while throwing overhand*	Shows mature form while throwing underhand	Occasionally shows mature form while throwing underhand	Shows improper form while throwing underhand
Catches a self-tossed ball using hands and body	Shows mature form while catching a self-tossed ball with hands*	Shows mature form while catching a self-tossed ball using hands and body	Occasionally shows mature form while catching a self-tossed ball using hands and body	Shows improper form while attempting to catch a self-tossed ball
Dribbles a soccer ball	Dribbles a soccer ball forward with increased speed*	Dribbles a soccer ball with control	Occasionally loses control of soccer ball while dribbling	Shows improper form while attempting to dribble a soccer ball
Dribbles a basketball while stationary	Shows mature form while dribbling a basketball in a stationary position using both right and left hand*	Shows mature form while dribbling a basketball in a stationary position using dominant hand	Occasionally uses mature form while dribbling a basketball in a stationary position	Shows improper form while attempting to dribble a basketball in a stationary position
Recognizes spatial awareness	Demonstrates appropriate spacing between self, equipment and others*	Recognizes appropriate spacing between self, equipment and others	Occasionally recognizes appropriate spacing between self, equipment and others	Unable to recognize spatial awareness

Performs basic health-related fitness activities	Independently stretches, performs activities that increase heart rate, and utilizes various muscle groups with correct technique*	Stretches, performs activities that increase heart rate, and utilizes various muscle groups with correct technique	Performs basic health-related fitness activities with inconsistent technique	Unable to perform basic health-related fitness activities
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*The asterisk (\*) denotes one possible way a student could demonstrate enrichment or extension that would be designated as Exceeds Standard.*

# 1<sup>st</sup> Grade PE

Statement	Exceeds	Secure	Developing	Beginning
Applies basic forms of locomotor movements	Shows mature form while applying basic forms of locomotor movements*	Applies basic forms of locomotor movements	Shows appropriate body position while demonstrating basic locomotor movements	Occasionally shows appropriate body position while demonstrating basic locomotor movements
Strikes a stationary object with a piece of equipment	Shows mature striking form, including weight transfer, hip rotation, and follow through*	Shows appropriate body position, including equipment handling, and achieves solid contact with object	Inconsistently shows appropriate body position, including equipment handling, and occasionally achieves solid contact with object	Shows inappropriate body position, holds equipment incorrectly, and does not contact object
Throws overhand	Shows mature form while throwing overhand and consistently hitting a target*	Shows mature form while throwing overhand	Occasionally shows mature form while throwing overhand	Shows improper form while throwing overhand
Catches a self-tossed ball using hands	Catches a thrown ball using hands and body*	Shows mature form while catching a self-tossed ball with hands	Occasionally shows mature form while catching a self-tossed ball with hands and body	Shows improper form while attempting to catch a self-tossed ball
Dribbles a soccer ball	Shows mature form while dribbling a soccer ball in specific directions*	Dribbles a soccer ball forward with increased speed	Dribbles a soccer ball with control	Shows improper form while dribbling a soccer ball
Dribbles a basketball while stationary using both right and left hand	Dribbles a basketball while moving*	Shows mature form while dribbling a basketball in a stationary position using both right and left hand	Occasionally shows mature form while dribbling a basketball in a stationary position using both right and left hand	Shows improper form while attempting to dribble a basketball in a stationary position using both right and left hand

Demonstrates appropriate spacing	Demonstrate appropriate spacing in basic group or team activities*	Demonstrates appropriate spacing between self, equipment, and others	Occasionally demonstrates appropriate spacing between self, equipment, and others	Unable to independently demonstrate appropriate spacing
Exhibits knowledge of health-related fitness activities	Establish an awareness of cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching*	Recognizes activities that impact heart rate, muscular strength, and muscular endurance	Recognizes some, but not all, activities that impact heart rate, muscular strength, and muscular endurance	Participates in activities without understanding the health-related benefits

*The asterisk (\*) denotes one possible way a student could demonstrate enrichment or extension that would be designated as Exceeds Standard.*

## 2<sup>nd</sup> Grade PE

Statement	Exceeds	Secure	Developing	Beginning
Develops motor skills	Demonstrates an increasing number of mature movement forms*	Shows appropriate form while performing basic movement	Occasionally shows appropriate form while performing basic movement	Shows inappropriate form while performing basic movement
Strikes a moving object	Shows mature striking form, including weight transfer, hip rotation, and follow through*	Shows appropriate body position and achieves solid contact with object	Shows appropriate body position or achieves solid contact with object	Shows inappropriate body position and does not contact object
Throws overhand at a stationary target	Shows mature form while throwing overhand and consistently hitting various targets*	Shows mature form while throwing overhand and consistently hitting a stationary target	Shows mature form while throwing overhand, but struggles hitting a stationary target	Shows improper form while throwing overhand
Catches a thrown ball using hands and body	Shows mature form while catching a thrown ball using hands*	Shows mature form while catching a thrown ball using hands and body	Occasionally shows mature form while catching a thrown ball using hands and body	Shows improper form while attempting to catch a thrown ball
Dribbles a soccer ball in specific directions	Shows mature form when dribbling a soccer ball in specific directions while jogging*	Shows mature form while dribbling a soccer ball in specific directions	Occasionally shows mature form while dribbling a soccer ball in specific directions	Shows improper form while dribbling a soccer ball in specific directions
Dribbles a basketball while moving	Shows mature form when dribbling a basketball while moving using both right and left hand*	Shows mature form when dribbling a basketball with dominant hand while moving	Occasionally shows mature form when dribbling a basketball with dominant hand while moving	Shows improper form when dribbling a basketball with dominant hand while moving
Demonstrates appropriate spacing	Demonstrates appropriate spacing in a variety of group or team activities*	Demonstrates appropriate spacing in basic group or team activities	Occasionally shows appropriate spacing in basic group or team	Unable to independently demonstrate appropriate spacing during basic group of

			activities	team activities
Exhibits knowledge of health-related fitness activities	Develops cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching*	Establish an awareness of cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching	Inconsistently uses appropriate pacing, technique, and stretching to establish an awareness of cardiovascular endurance, muscular strength, and muscular endurance	Uses inappropriate pacing, technique, and stretching to establish an awareness of cardiovascular endurance, muscular strength, and muscular endurance

*The asterisk (\*) denotes one possible way a student could demonstrate enrichment or extension that would be designated as Exceeds Standard.*

### 3<sup>rd</sup> Grade PE

Statement	Exceeds	Secure	Developing	Beginning
Develops motor skills	Demonstrates combinations of mature movement forms*	Demonstrate an increasing number of mature movement forms	Occasionally shows mature movement forms	Shows basic movement forms
Strikes a moving object with a piece of equipment	Shows mature striking form, including weight transfer, hip rotation, and follow through*	Shows appropriate body position, including equipment handling, and achieves solid contact with object	Inconsistently shows appropriate body position, including equipment handling, and occasionally achieves solid contact with object	Shows inappropriate body position, holds equipment incorrectly, and does not contact object
Throws overhand at various targets	Shows mature form while throwing overhand and consistently hitting a moving target*	Shows mature form while throwing overhand and consistently hitting various stationary targets	Shows mature form while throwing overhand, but struggles hitting various stationary targets	Shows improper form while throwing overhand
Catches a thrown ball using hands	Catches thrown objects at various levels using hands*	Shows mature form while catching a thrown ball using hands	Shows mature form while catching a thrown ball using hands and body	Shows improper form while attempting to catch a thrown ball
Dribbles a soccer ball in specific directions	Shows mature form while dribbling a soccer ball around objects*	Shows mature form when dribbling a soccer ball in specific directions while jogging	Occasionally shows mature form and/or jogs while dribbling a soccer ball in specific directions	Shows improper form while dribbling in specific directions
Dribbles a basketball while moving using both right and left hand	Shows mature form when dribbling a basketball around objects using both right and left hand*	Shows mature form when dribbling a basketball while moving using both right and left hand	Occasionally shows mature form when dribbling a basketball while moving using both right and left hand	Shows improper form when dribbling a basketball while moving using both right and left hand
Demonstrates appropriate spacing	Demonstrates appropriate spacing in more complex physical activity settings*	Demonstrates appropriate spacing in a variety of group or team activities	Occasionally demonstrates appropriate spacing in a variety of	Unable to independently demonstrates appropriate spacing during a variety of

			group or team activities	group of team activities
Exhibits knowledge of health-related fitness activities	Understands cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching*	Develops cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching	Inconsistently uses appropriate pacing, technique, and stretching to develop cardiovascular endurance, muscular strength, and muscular endurance	Uses inappropriate pacing, technique, and stretching to develop cardiovascular endurance, muscular strength, and muscular endurance

*The asterisk (\*) denotes one possible way a student could demonstrate enrichment or extension that would be designated as Exceeds Standard.*

## 4<sup>th</sup> Grade PE

Statement	Exceeds	Secure	Developing	Beginning
Develops motor skills	Applies multiple combinations of movement in game situations*	Demonstrates mature movement combinations	Demonstrates mature movement but struggles with combinations	Demonstrates basic movement forms
Strikes a moving object with a piece of equipment in a game situation	Shows mature striking form, including weight transfer, hip rotation, and follow through*	Shows appropriate body position, including equipment handling, and achieves solid contact with object	Inconsistently shows appropriate body position, including equipment handling, and occasionally achieves solid contact with object	Shows inappropriate body position, holds equipment incorrectly, and does not contact object
Throws overhand to a moving partner	Shows mature form while throwing overhand and hitting a moving target in a game situation*	Shows mature form while throwing overhand and hitting a moving target	Shows mature form while throwing overhand, but struggles hitting a moving target	Shows improper form while throwing overhand
Catches thrown objects at various levels using hands	Shows mature form while catching in a game situation*	Catches thrown objects at various levels using hands	Occasionally catches various thrown objects using hands	Shows improper form while attempting to catch a thrown object
Dribbles a soccer ball around objects	Shows mature form while dribbling a soccer ball using both feet in a game situation*	Shows mature form while dribbling a soccer ball around objects	Occasionally shows mature form while dribbling a soccer ball around objects	Shows improper form while dribbling a soccer ball around objects
Dribbles a basketball around objects using both right and left hand	Shows mature form when dribbling a basketball using both right and left hand in a game situation*	Shows mature form while dribbling a basketball around objects using both right and left hand	Occasionally shows mature form while dribbling a basketball around objects using both right and left hand	Shows improper form while dribbling a basketball around objects using both right and left hand
Demonstrates appropriate spacing	Demonstrates appropriate spacing in more complex physical activity settings*	Demonstrates appropriate spacing in a variety of group or team activities	Occasionally demonstrates appropriate spacing in a variety of	Unable to independently demonstrate appropriate spacing during a variety of

			group or team activities	group or team activities
Exhibits knowledge of health-related fitness activities	Applies cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching*	Understands cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching	Inconsistently uses appropriate pacing, technique, and stretching to understand cardiovascular endurance, muscular strength, and muscular endurance	Uses inappropriate pacing, technique, and stretching to understand cardiovascular endurance, muscular strength, and muscular endurance

*The asterisk (\*) denotes one possible way a student could demonstrate enrichment or extension that would be designated as Exceeds Standard.*

## 5<sup>th</sup> Grade PE

Statement	Exceeds	Secure	Developing	Beginning
Develops motor skills	Adapts movement combinations to various game situations independently*	Applies multiple combinations of movement in game situations	Demonstrates mature movement combinations	Demonstrates mature movement but struggles with combinations
Strikes a moving object with a piece of equipment in a game situation	Shows mature striking form, including weight transfer, hip rotation, and follow through*	Shows appropriate body position, including equipment handling, and achieves solid contact with object	Inconsistently shows appropriate body position, including equipment handling, and occasionally achieves solid contact with object	Shows inappropriate body position, holds equipment incorrectly, and does not contact object
Throws overhand in a game situation	Shows mature form while throwing overhand and hitting a moving target from varying distances in a game situation*	Shows mature form while throwing overhand and hitting a moving target in a game situation	Shows mature form while throwing overhand, but struggles hitting a moving target in a game situation	Shows improper form while throwing overhand
Catches using mature form in a game situation	Shows mature form while catching from varying distances in a game situation*	Shows mature form while catching in a game situation	Occasionally shows mature form while catching in a game situation	Shows improper form while attempting to catch a thrown object in a game situation
Dribbles a soccer ball in a game situation	Demonstrates advanced ball handling skills in a game situation*	Shows mature form while dribbling a soccer ball in a game situation	Occasionally shows mature form while dribbling a soccer ball in a game situation	Shows improper form while attempting to dribble a soccer ball in a game situation
Dribbles a basketball using both right and left hand in a game situation	Demonstrates advanced dribbling skills in a game situation*	Shows mature form while dribbling a basketball using both right and left hand in a game situation	Occasionally shows mature form while dribbling a basketball using both right and left hand in a game situation	Shows improper form while attempting to dribble a basketball using both right and left hand in a game situation

Demonstrates appropriate spacing	Directs teammates to appropriate locations in a game situation*	Demonstrates appropriate spacing in more complex physical activity settings	Occasionally demonstrates appropriate spacing in more complex physical activity settings	Unable to independently demonstrate appropriate spacing in more complex physical activity settings
Exhibits knowledge of health-related fitness activities	Supports classmates in the application of cardiovascular endurance, muscular strength, and muscular endurance*	Applies cardiovascular endurance, muscular strength, and muscular endurance through appropriate pacing, technique, and stretching	Inconsistently uses appropriate pacing, technique, and stretching to apply cardiovascular endurance, muscular strength, and muscular endurance	Uses inappropriate pacing, technique, and stretching to apply cardiovascular endurance, muscular strength, and muscular endurance

*The asterisk (\*) denotes one possible way a student could demonstrate enrichment or extension that would be designated as Exceeds Standard.*