



# Middle 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.

Lindsay Law - Curriculum Facilitator  
llaw@waukeeschools.org  
515-987-5161 (ext. 2085)

Michelle Hurlburt - Curriculum Facilitator  
mhurlburt@waukeeschools.org  
515-987-5161 (ext. 2003)

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

Statement	Exceeds	Secure	Developing	Beginning
Monitors and enhances personal cardiovascular endurance.	*Sets, monitors and exceeds personal cardiovascular endurance goal.	Sets, monitors and meets goal to enhance personal cardiovascular endurance.	Sets and monitors goal to enhance personal cardiovascular endurance.	Sets personal cardiovascular endurance goal.
Monitors and enhances personal muscular strength.	*Sets, monitors and exceeds personal muscular strength goal.	Sets, monitors and meets goal to enhance personal muscular strength.	Sets and monitors goal to enhance personal muscular strength.	Sets personal muscular strength goal.
Monitors and enhances personal muscular endurance.	*Sets, monitors and exceeds personal muscular endurance goal.	Sets, monitors and meets goal to enhance personal muscular endurance.	Sets and monitors goal to enhance personal muscular endurance.	Sets personal muscular endurance goal.
Monitors and enhances personal flexibility.	*Sets, monitors and exceeds personal flexibility goal.	Sets, monitors and meets goal to enhance personal flexibility.	Sets and monitors goal to enhance personal muscular flexibility.	Sets personal flexibility goal.
Develops skills to enhance fitness levels.	*Analyzes how sport specific skills help enhance physical fitness.	Demonstrates the six sport specific skills in a variety of physical education activities.	Identifies the six sport specific skills in a variety of physical education activities.	Recognizes the six sport specific skills.
Understands lifelong benefits of healthy fitness levels.	*Identifies and utilizes specific exercises to enhance a specific health related fitness component.	Relates specific exercises to the five health related fitness components.	Identifies the five health related fitness components.	Recognizes the health related fitness components.

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

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

Statement	Exceeds	Secure	Developing	Beginning
Monitors and enhances personal cardiovascular endurance.	Sets, monitors and exceeds personal cardiovascular endurance goal.*	Sets, monitors and meets goal to enhance personal cardiovascular endurance.	Sets and monitors goal to enhance personal cardiovascular endurance.	Sets personal cardiovascular endurance goal.
Demonstrates enhanced muscular strength.	Sets, monitors and exceeds personal muscular strength goal.*	Sets, monitors and meets goal to enhance personal muscular strength.	Sets and monitors goal to enhance personal muscular strength.	Sets personal muscular strength goal.
Monitors and enhances personal muscular endurance.	Sets, monitors and exceeds personal muscular endurance goal.*	Sets, monitors and meets goal to enhance personal muscular endurance.	Sets and monitors goal to enhance personal muscular endurance.	Sets personal muscular endurance goal.
Monitors and enhances personal flexibility.	Sets, monitors and exceeds personal flexibility goal.*	Sets, monitors and meets goal to enhance personal flexibility.	Sets and monitors goal to enhance personal muscular flexibility.	Sets personal flexibility goal.
Develops skills to enhance fitness levels.	Analyzes how sport specific skills help enhance physical fitness.*	Demonstrates the six sport specific skills in a variety of physical education activities.	Identifies the six sport specific skills in a variety of physical education activities.	Recognizes the six sport specific skills.
Understands lifelong benefits of healthy fitness levels.	Identifies and utilizes specific exercises to enhance a specific health related fitness component.*	Relates specific exercises to the five health related fitness components.	Identifies the five health related fitness components.	Recognizes the health related fitness components.

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

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

Statement	Exceeds	Secure	Developing	Beginning
Monitors and enhances personal cardiovascular endurance.	Sets, monitors and exceeds personal cardiovascular endurance goal.*	Sets, monitors and meets goal to enhance personal cardiovascular endurance.	Sets and monitors goal to enhance personal cardiovascular endurance.	Sets personal cardiovascular endurance goal.
Monitors and enhances personal muscular strength.	Sets, monitors and exceeds personal muscular strength goal.*	Sets, monitors and meets goal to enhance personal muscular strength.	Sets and monitors goal to enhance personal muscular strength.	Sets personal muscular strength goal.
Monitors and enhances personal muscular endurance.	Sets, monitors and exceeds personal muscular endurance goal.*	Sets, monitors and meets goal to enhance personal muscular endurance.	Sets and monitors goal to enhance personal muscular endurance.	Sets personal muscular endurance goal.
Monitors and enhances personal flexibility.	Sets, monitors and exceeds personal flexibility goal.*	Sets, monitors and meets goal to enhance personal flexibility.	Sets and monitors goal to enhance personal muscular flexibility.	Sets personal flexibility goal.
Develops skills to enhance fitness levels.	Analyzes how sport specific skills help enhance physical fitness.*	Differentiate between the six sport specific skills in a variety of physical education activities.	Identifies the six sport specific skills in a variety of physical education activities.	Recognizes the six sport specific skills.
Understands lifelong benefits of healthy fitness levels.	Identifies and utilizes specific exercises to enhance a specific health related fitness component.*	Relates specific exercises to the five health related fitness components.	Identifies the five health related fitness components.	Recognizes the health related fitness components.

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