



# Preston Phys. Ed. Assessment Rubric



		Level 1	Level 2	Level 3	Level 4
Active Living	<b>Regular Active Participation</b>	<i>I rarely come prepared to participate</i> (no uniform, ask to be excused, invalid absences)	I <i>sometimes</i> come prepared to participate	I <i>always</i> come prepared to participate	I <i>always</i> come prepared to participate
	<b>Safe Play</b>	I require reminders to follow rules and instructions or to demonstrate respectful behaviour	I sometimes have difficulty participating with proper etiquette or appropriate behaviour	Most of the time I follow rules and instructions	I participate with <i>etiquette and responsible, safe, respectful</i> behaviours "Class Act"
	<b>Personal Living Skills</b>	I <i>often</i> need reminders to be on task and engaged in class activities	I <i>sometimes</i> need reminders to stay engaged in class activities	I am engaged in class activities <i>most of the time</i>	I <i>always</i> engage positively in all class activities
	<b>Interpersonal Living Skills</b>	I am often uncooperative and/or display unsportsmanlike behaviour	I am cooperative at times and require some supervision to be sportsmanlike	I am a good teammate and positive role model	I am a leader (by example or with words) and an even better teammate
Movement Competence	<b>Movement Skills</b>	I have demonstrated <i>limited improvement or application</i> in movement skill principles of preparation, execution, and follow through	I have demonstrated <i>some improvement or application</i> in movement skill principles of preparation, execution, and follow through	I have demonstrated or shown <i>considerable improvement or application</i> of the movement skill principles of preparation, execution, and follow through	I have worked hard to <i>apply and/or demonstrate outstanding movement skills</i>
	<b>Movement Strategies</b>	<i>Few strategies or tactics</i> are applied, and few are applied at the appropriate time	<i>Some strategies or tactics</i> are applied, and some are applied at the appropriate time	<i>Most strategies or tactics</i> are applied, and most are applied at the appropriate time	I <i>always</i> demonstrate knowledge of <i>strategies and tactics</i> "I get it!"
Healthy Living (This also includes Health Units)	<b>Improvement of Physical Fitness</b>	I show a <i>limited willingness</i> to engage in fitness development  My R.O.P.E. score is 5 I do not challenge myself and see limited changes.	I show <i>some willingness</i> effort to improve my personal fitness  My R. O. P. E score is . 6 I somewhat challenge myself but could push myself harder.	I understand the need for active fitness development  My R. O.P.E. score is 7 I am working hard most days and challenge myself to reach my fitness goals.	I demonstrate determined effort and intensity in my fitness development, <i>I gave it my best effort</i> as I am <i>working hard to improve my personal fitness</i>  My R.O.P.E. score is an 8-10