# ELEMENTARY PHYSICAL EDUCATION CONTENT RUBRIC

Marking Period ......... 20 ____ - 20 ____

Student: | Evaluator: | Grade: | Homeroom Teacher:
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<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1 = Precontrol</td>
<td>Unable to repeat movements, extraneous movements, awkward, incorrect performance.</td>
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<tr>
<td>2 = Control</td>
<td>Movements are less haphazard, more consistent, beginning to perform correctly, repetitions are somewhat alike.</td>
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<tr>
<td>3 = Utilization</td>
<td>Movement is more automatic, can be performed correctly with consistency.</td>
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<tr>
<td>4 = Proficiency</td>
<td>Skill has become automatic, repeated performances appear almost identical.</td>
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## I. DEVELOPMENT OF GENERAL MOVEMENT TASKS

- Uses a variety of different body parts to support, hold or transfer body weight
- Uses a variety of different body parts to apply force to an object
- Maintains control of an object while repeatedly striking it with a variety of body parts
- Maintains balance and control in quick, unplanned stops and starts
- Uses space effectively to avoid contact with other persons or objects
- Utilizes different areas, levels, pathways, and directions within own movement space
- Creates/demonstrates control and flow in sequencing several movements
- Demonstrates effective follow-through/weight transference
## II. DEVELOPMENT OF SPECIFIC MOVEMENT TASKS

### Foot Locomotion (using the feet to travel from place to place)
- Can identify and perform various types of foot locomotion (walk, run, gallop, skip, hop, jump, leap)
- Uses arms during foot locomotion to produce force and maintain balance
- Hops on the preferred foot with balance
- Hops on the non-preferred foot with balance

### Overarm Throw for Force
- Demonstrates effective arm action
- Demonstrates body rotation
- Demonstrates transfer of weight

### Sidearm Striking (paddle or bat and free or suspended ball)
- Demonstrates effective grip
- Demonstrates effective arm action
- Demonstrates effective body rotation
- Demonstrates transfer of weight

### Kicking
- Demonstrates effective approach steps
- Uses support foot consistently
- Demonstrates effective leg swing
- Demonstrates effective follow-through
### Catching
- Demonstrates effective tracking of object(s)
- Demonstrates ability to adjust body position to flight of object
- Demonstrates effective use of arms and body for absorbing force of tossed object
- Consistently catches a variety of self-tossed objects
- Effectively catches objects struck or thrown by someone else

### III. MOVEMENT UNDERSTANDING
- Understands how force and speed are applied to body management and objectives
- Understands how to use space effectively
- Understands how to make choices appropriate to own and others' limitations/abilities
- Understands and applies simple strategic concepts as related to game settings

### IV. PHYSICAL FITNESS
- Works to maintain an acceptable level of fitness
- Demonstrates an understanding of the relationship between personal fitness and a healthy lifestyle
- Understands that the skill related components of physical fitness are affected through the participation in a variety of activities
- Demonstrates muscular strength and cardiovascular endurance appropriate to skeletal size, body mass
- Understands the short and long-term physiological effects of physical activity