**Physical Education**

**Rubrics – Grade 6**

**Doing**

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| Exceeding | Meeting | Approaching | Working Below |
| Frequently uses appropriate movement skills and when combining skills, performs them consistently in a smooth manner. | Generally uses appropriate movement skills and when combining skills, performs them routinely in a smooth manner. | Sometimes uses appropriate movement skills and when combining skills, performs them at times in a smooth manner. | Rarely uses appropriate movement skills and when combining skills, hardly performs them in a smooth manner. |
| Frequently follows dance patterns from a variety of dance forms. | Generally follows dance patterns from a variety of dance forms. | Sometimes follows dance patterns from a variety of dance forms. | Rarely follows dance patterns from a variety of dance forms. |
| Frequently performs rhythmic/creative movements using body, space, time, energy and relationship effectively. | Generally performs rhythmic/creative movements using body, space, time, energy and relationship effectively. | Sometimes performs rhythmic/creative movements using body, space, time, energy and relationship effectively. | Rarely performs rhythmic/creative movements using body, space, time, energy and relationship effectively. |
| Frequently receives, retains and sends with accuracy a variety of objects. | Generally receives, retains and sends with accuracy a variety of objects. | Sometimes receives, retains and sends with some accuracy a variety of objects. | Rarely receives, retains and sends with any accuracy a variety of objects. |
| Frequently receives, retains and sends with accuracy a variety of objects using an implement. | Generally receives, retains and sends with accuracy a variety of objects using an implement. | Sometimes receives, retains and sends with some accuracy a variety of objects using an implement. | Rarely receives, retains and sends with any accuracy a variety of objects using an implement. |
| Through cooperative modified games executes sport specific skills expertly. | Through cooperative modified games executes sport specific skills proficiently. | Through cooperative modified games executes sport specific skills with some difficulty. | Through cooperative modified games is not able to execute sport specific skills. |
| Frequently uses effective offensive and defensive skills, tactics and strategies in a variety of games. | Generally uses effective offensive and defensive skills, tactics and strategies in a variety of games. | Sometimes uses effective offensive and defensive skills, tactics and strategies in a variety of games. | Rarely uses effective offensive and defensive skills, tactics and strategies in a variety of games. |
| Frequently and independently, engages in opportunities to enhance own level of physical fitness through participation in physical activity. | Generally and somewhat independently, engages in opportunities to enhance own level of physical fitness through participation in physical activity. | Sometimes and with prompting engages in opportunities to enhance own level of physical fitness through participation in physical activity. | Rarely engages in opportunities to enhance own level of physical fitness through participation in physical activity. |
| Frequently executes skills in variety of alternative environment. | Generally executes skills in variety of alternative environment. | Sometimes executes skills in variety of alternative environment. | Rarely executes skills in variety of alternative environment. |

**Knowing**

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| Exceeding | Meeting | Approaching | Working Below |
| Frequently demonstrates correct understanding of the components of health-related fitness and can very easily set and modify goals to improve personal fitness levels. | Generally demonstrates correct understanding of the components of health-related fitness and can easily set and modify goals to improve personal fitness levels. | Sometimes demonstrates correct understanding of the components of health-related fitness and can with some assistance set and modify goals to improve personal fitness levels. | Rarely demonstrates correct understanding of the components of health-related fitness and even some assistance can’t set and modify goals to improve personal fitness levels. |
| Thoughtfully identifies nutritional practices that can enhance performance in various physical activities. | Generally identifies nutritional practices that can enhance performance in various physical activities. | Slightly identifies nutritional practices that can enhance performance in various physical activities. | Is not able to identify nutritional practices that can enhance performance in various physical activities. |
| Frequently follows the rules and guidelines outlined in class and in specific activities. | Generally follows the rules and guidelines outlined in class and in specific activities. | Sometimes follows the rules and guidelines outlined in class and in specific activities. | Rarely follows the rules and guidelines outlined in class and in specific activities. |
| Frequently demonstrates, through movement, an understanding of basic concepts and principles related to movement. | Generally demonstrates, through movement, an understanding of basic concepts and principles related to movement. | Sometimes demonstrates, through movement, an understanding of basic concepts and principles related to movement. | Rarely demonstrates, through movement, an understanding of basic concepts and principles related to movement. |
| Frequently lists strategies and concepts related to offensive and defensive positions/strategies. | Generally lists strategies and concepts related to offensive and defensive positions/strategies. | Sometimes lists strategies and concepts related to offensive and defensive positions/strategies. | Rarely lists strategies and concepts related to offensive and defensive positions/strategies. |

**Valuing**

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| Exceeding | Meeting | Approaching | Working Below |
| In their own words can thoughtfully, express the enjoyment from being physically active. | In their own words can generally express the enjoyment from being physically active. | In their own words can slightly express the enjoyment from being physically active. | Is unwilling to express the enjoyment from being physically active. |
| Frequently shows fair play and etiquette. | Generally shows fair play and etiquette. | Sometimes shows fair play and etiquette. | Rarely shows fair play and etiquette. |
| Frequently demonstrates self-confidence while participating in physical activity. | Generally demonstrates self-confidence while participating in physical activity. | Sometimes demonstrates self-confidence while participating in physical activity. | Rarely demonstrates self-confidence while participating in physical activity. |
| Frequently demonstrates a willingness to participate in a variety of activities and displays an open mind to new activities. | Generally demonstrates a willingness to participate in a variety of activities and displays an open mind to new activities. | Sometimes demonstrates a willingness to participate in a variety of activities and displays an open mind to new activities. | Rarely demonstrates a willingness to participate in a variety of activities and rarely displays an open mind to new activities. |
| Frequently accepts responsibility for various roles while participating in physical activity. | Generally accepts responsibility for various roles while participating in physical activity. | Sometimes accepts responsibility for various roles while participating in physical activity. | Rarely accepts responsibility for various roles while participating in physical activity. |
| Frequently cooperates and interact respectfully with others. | Generally cooperates and interact respectfully with others. | Sometimes cooperates and interact respectfully with others. | Rarely cooperates and interact respectfully with others. |