Physical Education

Rubrics – Grade 7

**Doing**

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| Exceeds | Meets | Approaching | Working Below |
| Frequently carries out ways to improve and adjusts fundamental movement skills into complex movement skills. | Generally carries out ways to improve and adjusts fundamental movement skills into complex movement skills. | Sometimes carries out ways to improve and adjusts fundamental movement skills into complex movement skills. | Rarely carries out ways to improve and adjusts fundamental movement skills into complex movement skills. |
| Frequently adjusts and shows dance patterns from a variety of dance forms. | Generally adjusts and shows dance patterns from a variety of dance forms. | Sometimes adjusts and shows dance patterns from a variety of dance forms. | Rarely adjusts and shows dance patterns from a variety of dance forms. |
| Frequently sequences rhythmic/creative movements in a fluid manner using body, space, time, energy and relationship effectively. | Generally sequences rhythmic/creative movements in a fluid manner using body, space, time, energy and relationship effectively. | Sometimes sequences rhythmic/creative movements in a fluid manner using body, space, time, energy and relationship effectively. | Rarely sequences rhythmic/creative movements in a fluid manner using body, space, time, energy and relationship effectively. |
| Frequently receives, retains and sends various objects with varying speeds and accuracy. | Generally receives, retains and sends various objects with varying speeds and accuracy. | Sometimes receives, retains and sends various objects with varying speeds and accuracy. | Rarely receives, retains and sends various objects with varying speeds and accuracy. |
| Frequently receives, retains and sends various objects with varying speeds and accuracy using an implement. | Generally receives, retains and sends various objects with varying speeds and accuracy using an implement. | Sometimes receives, retains and sends various objects with varying speeds and accuracy using an implement. | Rarely receives, retains and sends various objects with varying speeds and accuracy using an implement. |
| Through lead-up games that reinforce specific game skills, regularly demonstrates sport specific skills. | Through lead-up games that reinforce specific game skills, often demonstrates sport specific skills. | Through lead-up games that reinforce specific game skills, to some extent demonstrates sport specific skills. | Through lead-up games that reinforce specific game skills, seldom demonstrates sport specific skills. |
| Skilfully uses challenging strategies, tactics and rules that coordinate effort with others. | Proficiently uses challenging strategies, tactics and rules that coordinate effort with others. | With support uses challenging strategies, tactics and rules that coordinate effort with others. | Is not able to use challenging strategies, tactics and rules that coordinate effort with others. |
| Frequently sets challenging goals to improve performance. | Generally sets challenging goals to improve performance. | Sometimes sets challenging goals to improve performance. | Rarely sets challenging goals to improve performance. |
| Frequently executes activity-specific skills in a variety of environments. | Generally executes activity-specific skills in a variety of environments. | Sometimes executes activity-specific skills in a variety of environments. | Rarely executes activity-specific skills in a variety of environments. |

**Knowing**

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| Exceeds | Meets | Approaching | Working Below |
| Frequently demonstrates correct understanding of the components of health-related fitness and based on interest and abilities, very easily sets goals to improve personal fitness levels. | Generally demonstrates correct understanding of the components of health-related fitness and based on interest and abilities, easily sets goals to improve personal fitness levels. | Sometimes demonstrates correct understanding of the components of health-related fitness and based on interest and abilities sets, with assistance, goals to improve personal fitness levels. | Rarely demonstrates correct understanding of the components of health-related fitness and is not able to set goals to improve personal fitness levels. |
| Precisely lists factors that affect choices for being physically active for life. | Reliably lists factors that affect choices for being physically active for life. | Somewhat lists factors that affect choices for being physically active for life. | Is not able to list factors that affect choices for being physically active for life. |
| Expertly finds activities that enhance the different components of health-related fitness. | Adeptly finds activities that enhance the different components of health-related fitness. | With support finds activities that enhance the different components of health-related fitness. | Is not able to find activities that enhance the different components of health-related fitness. |
| Frequently adheres to rules, routines and safety procedures in all activities. | Generally adheres to rules, routines and safety procedures in all activities. | Sometimes adheres to rules, routines and safety procedures in all activities. | Rarely adheres to rules, routines and safety procedures in all activities. |
| Frequently distinguishes through movement and performance words, basic concepts related to body mechanics and skill analysis. | Generally distinguishes through movement and performance words, basic concepts related to body mechanics and skill analysis. | Sometimes distinguishes through movement and performance words, basic concepts related to body mechanics and skill analysis. | Rarely distinguishes through movement and performance words, basic concepts related to body mechanics and skill analysis. |
| Frequently sets challenging goals to improve personal performance. | Generally sets challenging goals to improve personal performance. | Sometimes sets challenging goals to improve personal performance. | Rarely sets challenging goals to improve personal performance. |
| Frequently lists challenging strategies, tactics and rules that coordinate effort with others. | Generally lists challenging strategies, tactics and rules that coordinate effort with others. | Sometimes lists challenging strategies, tactics and rules that coordinate effort with others. | Rarely lists challenging strategies, tactics and rules that coordinate effort with others. |

**Valuing**

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| Exceeds | Meets | Approaching | Working Below |
| Insightfully summarizes the enjoyment gained from being physically active. | Readily summarizes the enjoyment gained from being physically active. | At times summarizes the enjoyment gained from being physically active. | Is not able to summarize the enjoyment gained 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 demonstrate confidence in self and others while participating in physical activity. | Generally demonstrate confidence in self and others while participating in physical activity. | Sometimes demonstrate confidence in self and others while participating in physical activity. | Rarely demonstrate confidence in self and others while participating in physical activity. |
| Frequently demonstrates a willingness to participate in a variety of activities and frequently displays an open mind to trying a new activity. | Generally demonstrates a willingness to participate in a variety of activities and generally displays an open mind to trying a new activity. | Sometimes demonstrates a willingness to participate in a variety of activities and sometimes displays an open mind to a new activity. | Rarely demonstrates a willingness to participate in a variety of activities and rarely displays an open mind to a new activity. |
| Frequently recognizes and accept responsibility for various roles while participating in physical activity. | Generally recognizes and accept responsibility for various roles while participating in physical activity. | Sometimes recognizes and accept responsibility for various roles while participating in physical activity. | Rarely recognizes and accept responsibility for various roles while participating in physical activity. |
| Frequently cooperates with others. | Generally cooperates with others. | Sometimes cooperates with others. | Rarely cooperates with others. |