**Physical Education**

**Rubrics – Grades 4-5**

**Doing**

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| Exceeding | Meeting | Approaching | Working Below |
| Frequently, a variety of locomotor and non-locomotor skills in complex movement sequences individually with others or with objects. | Generally performs a variety of locomotor and non-locomotor skills in complex movement sequences individually with others or with objects. | Sometimes performs, a variety of locomotor and non-locomotor skills in complex movement sequences individually with others or with objects. | Rarely performs, a variety of locomotor and non-locomotor skills in complex movement sequences individually with others or with objects. |
| Frequently executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships. | Generally executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships. | Sometimes executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships. | Rarely executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships. |
| Frequently executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships using equipment. | Generally executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships using equipment. | Sometimes executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships using equipment. | Rarely executes complex movement sequences, using elements of body awareness, spatial awareness, quality and relationships using equipment. |
| Frequently executes complex dance steps making few errors. | Generally executes complex dance steps making some errors. | Sometimes executes complex dance steps making several errors. | Rarely executes complex dance steps. |
| Skilfully executes ways to send (throw) and receive (catch) a variety of objects with accuracy, individually and with others. | Proficiently executes ways to send and receive a variety of objects with iaccuracy, individually and with others. | With some difficulty executes ways to send and receive a variety of objects with accuracy, individually and with others. | Is not able to execute ways to send and receive a variety of objects with accuracy, individually and with others. |
| Skilfully executes ways to send (throw) and receive (catch) a variety of objects with accuracy, using an implement. | Proficiently executes ways to send and receive a variety of objects with accuracy, using an implement. | With some difficulty executes ways to send and receive a variety of objects with accuracy, using an implement. | Is not able to execute ways to send and receive a variety of objects with accuracy, using an implement. |
| Thoughtfully invents individual, dual and team games or activities using activity-specific motor skills. | Easily invents individual, dual and team games or activities using activity-specific motor skills. | With some support invents individual, dual and team games or activities using activity-specific motor skills. | Is not able to invent individual, dual and team games or activities using activity-specific motor skills. |
| Frequently executes, with smoothness and fluidness, basic motor skills in a variety of individual, dual or team sports. | Generally executes, with smoothness and fluidness, basic motor skills in a variety of individual, dual or team sports. | Sometimes executes, with smoothness and fluidness, basic motor skills in a variety of individual, dual or team sports. | Rarely executes, with smoothness and fluidness, basic motor skills in a variety of individual, dual or team sports. |
| Consistently and independently uses basic individual offensive and defensive skills, as well as tactics and strategies while practising and playing various games.  | Routinely and somewhat independently uses basic individual offensive and defensive skills, as well as tactics and strategies while practising and playing various games. | At times and with some prompting, uses basic individual offensive and defensive skills, as well as tactics and strategies while practising and playing various games. | Hardly ever uses basic individual offensive and defensive skills, as well as tactics and strategies while practising and playing various games. |
| Consistently engages in a variety of fitness activities. | Routinely engages in a variety of fitness activities. | At times engages in a variety of fitness activities. | Hardly ever engages in a variety of fitness activities. |

**Knowing**

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| Exceeding | Meeting | Approaching | Working Below |
| Precisely describes the importance of participating in daily physical activities to develop fitness and motor abilities. | Reliably describes the importance of participating in daily physical activities to develop fitness and motor abilities. | Somewhat describes the importance of participating in daily physical activities to develop fitness and motor abilities. | Is not able to describe using their own words the importance of participating in daily physical activities to develop fitness and motor abilities. |
| Precisely paraphrases the effects of physical activity on various body systems and fitness levels. | Reliably paraphrases the effects of physical activity on various body systems and fitness levels. | Somewhat paraphrases the effects of physical activity on various body systems and fitness levels. | Is not able to paraphrase the effects of physical activity on various body systems and fitness levels. |
| Thoughtfully lists nutritional needs related to physical activity. | Generally lists nutritional needs related to physical activity. | Somewhat lists nutritional needs related to physical activity. | Is not able to list nutritional needs related to physical activity. |
| Thoughtfully and independently sets personal goals.  | Generally and somewhat independently sets personal goals. | With some difficulty sets personal goals.  | Is not able to set personal goals. |

**Valuing**

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| Exceeding | Meeting | Approaching | Working Below |
| Consistently and independently follows safety rules and procedures for various activities.  | Routinely and somewhat independently follows safety rules and procedures for various activities. | At times and with prompting follows safety rules and procedures for various activities. | Hardly ever follows safety rules and procedures for various activities. |
| Frequently accepts responsibility for various roles while participating in different activities.  | Generally accepts responsibility for various roles while participating in different activities. | Sometimes accepts responsibility for various roles while participating in different activities. | Rarely accepts responsibility for various roles while participating in different activities. |
| Frequently engages in a variety of activities from all movement categories. | Generally engages in a variety of activities from all movement categories. | Sometimes engages in a variety of activities from all movement categories. | Rarely engages in a variety of activities from all movement categories. |
| Frequently demonstrates etiquette and fair play and enthusiastically works with others regardless of varying abilities, interests and backgrounds. | Generally demonstrates etiquette and fair play and willingly works with others regardless of varying abilities, interests and backgrounds. | Sometimes demonstrates etiquette and fair play and at times works with others regardless of varying abilities, interests and backgrounds. | Rarely demonstrates etiquette and fair play and enthusiastically works with others regardless of varying abilities, interests and backgrounds. |
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| Consistently and independently fully engages in a variety of individual and group activities that support a physically active life style. |

 | Routinely and somewhat and independently fully engages in a variety of individual and group activities that support a physically active life style. | At times and with prompting engages somewhat in a variety of individual and group activities that support a physically active life style. | Hardly ever engages in a variety of individual and group activities that support a physically active life style. |