

Arlington Central School District  
Physical Education Grading Rubric - **Grades K-5**  
**REVISED FALL, 2014**

	<b>Excelling</b>  <b>4</b>	<b>Proficient</b>  <b>3</b>	<b>Approaching</b>  <b>2</b>	<b>Needs Support</b>  <b>1</b>
<b>Movement &amp; Skill Performance</b>	<p>Consistently demonstrates proper mechanics of skills using mature patterns and sequences at different speeds, levels, and directions.</p> <p>Consistently demonstrates the ability to recognize the need to make adjustments in the performance of movement skills.</p>	<p>Frequently demonstrates proper mechanics of skills at different speeds, levels, and directions.</p> <p>Frequently demonstrates the ability to recognize the need to make adjustments in the performance of movement skills.</p>	<p>Sometimes demonstrates proper mechanics of skills at different speeds, levels, and directions.</p> <p>Sometimes demonstrates the ability to recognize the need to make adjustments in the performance of movement skills.</p>	<p>Rarely demonstrates the need for improvement in the proper mechanics of skills at different speeds, levels, and directions.</p> <p>Rarely demonstrates the ability to recognize the need to make adjustments in the performance of movement skills.</p>
<b>Content Knowledge</b>	<p>Consistently demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Consistently applies movement concepts and conventions to a variety of basic skills.</p>	<p>Frequently demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Frequently applies movement concepts and conventions to a variety of basic skills.</p>	<p>Sometimes demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Sometimes applies movement concepts and conventions to a variety of basic skills.</p>	<p>Rarely demonstrates the ability to recognize the relationship between physical activity and physiological changes in the body. Rarely applies movement concepts and conventions to a variety of basic skills.</p>
<b>Personal &amp; Social Responsibility</b>	<p>Consistently demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student consistently follows directions and demonstrates respect for teachers and others.</p>	<p>Frequently demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student frequently follows directions and demonstrates respect for teachers and others.</p>	<p>Sometimes demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student sometimes follows directions and demonstrates respect for teachers and others.</p>	<p>Rarely demonstrates the ability to work cooperatively and safely with peers in a positive manner. Student demonstrates self-control. Student rarely follows directions and demonstrates respect for teachers and others.</p>

1. **Standard #1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
2. **Standard #2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. **Standard #3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. **Standard #4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
5. **Standard #5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. **Standard #6:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.