

Holistic Rubric for Physical Education

Level 5+/5 (97%-95%)

Student executes all skills flawlessly. Student always dribbles or keeps shots and passes away from opponents. Always thinking and anticipating opponent's moves. Student is always in position and covering opponent. Student makes quick and controlled movements to make plays. Always communicating with teammates either verbally or non-verbally. Student understands all aspects and rules of the game including offensive and defensive tactics. Student is able to use skills and knowledge of the game to make effective strategic plans. Calls all shots/ plays honestly and fairly. Recognizes and praises good play from teammates and opponent. Student helps others to improve skills by verbal or visual teaching. Fitness component is flawless. Student runs for entire time and does not stop to rest at all during fitness component.

Level 5-/4+ (92%-87%)

Student executes all skills taught with good form, using near flawless shot selection/passes. Shots and passes are placed away from the opponents. Anticipates opponent's moves when possible. Student moves to cover position/ opponent, weight is balanced equally on the balls of the feet to allow for quick movement. Student moves to cover shots/passes, arriving in time and in control. Communication with partner/teammates is evident. Efforts between the students/teammates are coordinated and appropriate. Student covers own area with no attempt to play the other's position. Student thoroughly knows and understands all rules of the game, using them in strategic ways. Can answer any question when asked. Calls shots honestly and fairly. Recognizes good play from others, both teammates and opponent. Fitness component is almost flawless. Students may slow pace to rest, but only once during fitness component.

Level 4/4- (85%-82%)

Student utilizes most skills [presented in class at appropriate times with good form. Uses correct form, is usually in position to play shots/ passes. Shows some anticipation of the opponent's shot/pass. Student covers their area/ position/ opponent. Weight is usually on the balls of the feet so student can move quickly. Uses skills with some variation to avoid anticipation by the opponent. Use of strategy to defeat the opponent is evident. Communicates with partner/teammate, working with him/her to cover the court/field while not dominating it. Shows evidence of cooperation and teamwork. Student generally shows evidence of knowing and applying the rules. Usually employs rules to his/her advantage and can answer most questions when asked. Recognizes good play by others. Calls shots honestly and fairly. Fitness component is good. Student may slow pace, or stop to rest a couple times during fitness component.

Level 3+/3 (77%-75%)

Student uses several of the skills presented, but not always at the appropriate time. Some form breaks are apparent; however, form is mostly correct. Student covers court/ field/position but occasionally finds him/herself out of position. Shifting weight to the balls of the feet may be necessary before he/she can move to the opponent. Students attempt to return to a "home" position but may not always get there. Limited attempts to anticipate opponent's shot/pass. Student demonstrates several elements of correct form to execute skills but does commit some errors. Student varies the use of skills, giving some attention to where the opponent is positioned. Uses some strategy to defeat an opponent, hitting shots/passes to open places on the court/field. Communicates with partner/teammate and demonstrates some evidence of working with partner to cover the court/field. May occasionally dominate the court/field rather than working harmoniously with partner/teammate. Student shows evidence of knowing the rules; however, does make some errors when answering questions. Tries to congratulate others on good play. Calls shots honestly and fairly. Fitness component needs work. Student may slow pace, or stop to rest for a few minutes during fitness component. Student may also have to take multiple breaks.

Level 3-/2+ (72%-67%)

Student relies on 1 or 2 skills for the entire game. Incorrect form causes shots/passes to be misplaced or ineffective. Does not move following a shot/passes, making it difficult to be in position to play an opponent's return. Parts of the court/field are left uncovered at times. Weight is back on the heels, making it difficult to reach opponent's shot/passes "reaches" to play shots rather than moving in to proper position. Uses predominately one type of skills and occasionally may have form breaks. Does not look at opponent when deciding to shoot or pass. Little communication with partner/teammate and little evidence of teamwork. At times, may attempt to play the shot/pass intended for someone else. Student is unfamiliar with rules. Depends on opponents or partner to tell him/her what to do. Is unsure of position/ rotation. Incorrect calls may result from incomplete knowledge of the rules or poor etiquette. Fitness component needs improvement. Student stops to rest multiple times for a few minutes during fitness component. Student has to take multiple breaks to finish.

Level 2/2- (65%-62%)

Student has difficulty performing skills. Incorrect form and positioning cause students to miss passes or shots. Students have difficulty covering an opponent. Student is all over the field, does not play position properly. Has difficulty following shots or plays. Very little to no communication with teammates. Student has trouble understanding rules or positions. Makes incorrect calls or does not make calls at all. Student stops to rest multiple times for a few minutes each time during fitness component. Student has to take multiple breaks to finish. (Student walks during most of the run)

Level 1 (57% or less)

Student dresses for class however refuses to learn skills or participate in class. Negatively communicates with others either verbally or non-verbally. Student walks the entire run and puts no effort into fitness component.