

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 10.1 – Motor Skill Development.

| Score                             | Skill   | Cognitive  | Personal/Social Responsibility  |
|-----------------------------------|---|--|---|
| <b>Proficient</b><br>4            | Accurately and effortlessly utilizes biomechanical and physiological principles to perform skills in a variety of lifetime activities.                        | Accurately and thoroughly identifies movement principles to lifetime activities. | Demonstrates proper use of equipment in lifetime activities. Assists others in proper use of equipment. |
| <b>Competent</b><br>3             | Accurately utilizes biomechanical and physiological principles to perform skills in a variety of lifetime activities.   | Accurately identifies movement principles to lifetime activities.                | Demonstrates proper use of equipment in lifetime activities.  |
| <b>Lacks Competence</b><br>2      | Inaccurately or inconsistently utilizes biomechanical and physiological principles to perform skills in a variety of lifetime activities. only when directed. | Inaccurately identifies movement principles to lifetime activities.              | Demonstrates proper use of equipment in lifetime activities under teacher's supervision.                |
| <b>Well Below Competence</b><br>1 | Inaccurately and inconsistently performs skills in a variety of lifetime activities.  | Unable to identify movement principles to lifetime activities.                   | Demonstrates improper use of equipment in lifetime activities.  |

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 10.2 – Anatomical Basis of Movement.

| Score                             | Skill  | Cognitive   | Personal/Social Responsibility |
|-----------------------------------|--|---|--------------------------------|
| <b>Proficient</b><br>4            | Implements a logical and effective strength and conditioning program related to a lifetime activity. | Accurately and thoroughly explains muscular and respiratory responses to lifetime activities. Accurately and thoroughly analyzes movement performance in lifetime activities. | N/A                            |
| <b>Competent</b><br>3             | Implements a strength and conditioning program related to a lifetime activity.                       | Accurately explains muscular and respiratory responses to lifetime activities. Accurately analyzes movement performance in lifetime activities.                               | N/A                            |
| <b>Lacks Competence</b><br>2      | Needs assistance to implement a strength and conditioning program related to a lifetime activity.    | Inaccurately explains muscular and respiratory responses to lifetime activities; or inaccurately analyzes movement performance in lifetime activities.                        | N/A                            |
| <b>Well Below Competence</b><br>1 | Unable to implement a strength and conditioning program related to a lifetime activity.              | Inaccurately explains muscular and respiratory responses to lifetime activities. Inaccurately analyzes movement performance in lifetime activities.                           | N/A                            |

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 10.3 – Fitness Planning.

| Score                      | Skill | Cognitive  | Personal/Social Responsibility |
|----------------------------|-------|--|--------------------------------|
| Proficient<br>4            | N/A   | Accurately and thoroughly designs fitness plans for the present and future that include self-analysis of fitness and activity levels, needs, effects of life choices, and relatedness to career goals. | N/A                            |
| Competent<br>3             | N/A   | Accurately designs fitness plans for the present and future that include self-analysis of fitness and activity levels, needs, effects of life choices, and relatedness to career goals.                | N/A                            |
| Lacks Competence<br>2      | N/A   | Inaccurately designs fitness plans for the present or future that may include self-analysis of fitness and activity levels, needs, effects of life choices, or relatedness to career goals.            | N/A                            |
| Well Below Competence<br>1 | N/A   | Designs fitness plans for the present and future that include inaccurate self-analysis of fitness and activity levels, needs, effects of life choices, and relatedness to career goals.                | N/A                            |

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 10.4 – Social Development.

| Score                             | Skill   | Cognitive   | Personal/Social Responsibility   |
|-----------------------------------|---|---|--|
| <b>Proficient</b><br>4            | Effectively utilizes stress management strategies.                      | Accurately and thoroughly explains the value of effective communication, cultural competence, and stress management in physical activity settings.                | Participates safely and with consideration and support for others.                 |
| <b>Competent</b><br>3             | Utilizes stress management strategies.                                  | Accurately explains the value of effective communication, cultural competence, and stress management in physical activity settings.                               | Participates safely and independently without disrupting the learning environment. |
| <b>Lacks Competence</b><br>2      | Utilizes stress management strategies only under teacher supervision.   | Inaccurately explains the value of effective communication, or the value of cultural competence, or the value of stress management in physical activity settings. | Participates with self-control under teacher's supervision.                        |
| <b>Well Below Competence</b><br>1 | Unfamiliar with stress management strategies or unable to utilize them. | Inaccurately explains the value of effective communication, cultural competence, and stress management in physical activity settings.                             | Participation is minimal or unsafe and/or disrupts the learning environment.       |

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 10.5 – Energy Balance.

| Score                             | Skill | Cognitive  | Personal/Social Responsibility |
|-----------------------------------|-------|--|--------------------------------|
| <b>Proficient</b><br>4            | N/A   | Accurately and thoroughly explains wellness concepts and energy balance for a lifetime. Accurately and thoroughly self-evaluates energy balance factors. | N/A                            |
| <b>Competent</b><br>3             | N/A   | Accurately explains wellness concepts and energy balance for a lifetime. Accurately self-evaluates energy balance factors.                               | N/A                            |
| <b>Lacks Competence</b><br>2      | N/A   | Inaccurately explains wellness concepts and energy balance for a lifetime; or inaccurately self-evaluates energy balance factors.                        | N/A                            |
| <b>Well Below Competence</b><br>1 | N/A   | Inaccurately explains wellness concepts and energy balance for a lifetime. Inaccurately self-evaluates energy balance factors.                           | N/A                            |