

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 5.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly performs locomotor, non-locomotor, manipulative (OH throw, UH throw, catch, hand dribble, foot dribble, strike), educational gymnastic, and rhythmical skills while utilizing movement principles (space, direction, force).	Accurately creates an individual and group educational gymnastic and rhythm/dance sequence.	N/A
Competent 3	Accurately performs locomotor, non-locomotor, manipulative (OH throw, UH throw, catch, hand dribble, foot dribble, strike), educational gymnastic, and rhythmical skills while utilizing movement principles (space, direction, force).	Accurately creates an individual or group educational gymnastic and rhythm/dance sequence.	N/A
Lacks Competence 2	Inaccurately performs locomotor, non-locomotor, manipulative (OH throw, UH throw, catch, hand dribble, foot dribble, or strike), educational gymnastic, or rhythmical skills. Utilizes movement principles (space, direction, force) only when directed.	Inaccurately creates an individual or group educational gymnastic or rhythm/dance sequence.	N/A
Well Below Competence 1	Inaccurately performs locomotor, non-locomotor, manipulative (OH throw, UH throw, catch, hand dribble, foot dribble, and strike), educational gymnastic, and rhythmical skills. Unable to utilize movement principles (space, direction, force).	Inaccurately creates an individual and group educational gymnastic and rhythm/dance sequence.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 5.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly applies knowledge of major body systems (cardiorespiratory, vascular, muscular, & skeletal) to movement principles (direction & force).	N/A
Competent 3	N/A	Accurately applies knowledge of major body systems (cardiorespiratory, vascular, muscular, & skeletal) to movement principles (direction & force).	N/A
Lacks Competence 2	N/A	Inaccurately applies knowledge of major body systems (cardiorespiratory, vascular, muscular, or skeletal) to movement principles (direction or force).	N/A
Well Below Competence 1	N/A	Inaccurately describes major body systems (cardiorespiratory, vascular, muscular, & skeletal) and/or movement principles (direction & force).	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 5.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly describes and performs personal fitness assessments (heart rate, BMI, pedometer). Accurately and thoroughly designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
Competent 3	N/A	Accurately describes and performs personal fitness assessments (heart rate BMI, pedometer). Accurately designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
Lacks Competence 2	N/A	Inaccurately describes or performs personal fitness assessments (heart rate BMI, pedometer), or inaccurately designs a fitness plan based on training principles, activity guidelines, or assessment results.	N/A
Well Below Competence 1	N/A	Unable to describe or perform personal fitness assessments (heart rate, BMI, pedometer). Unable to design a fitness plan.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 5.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	N/A	Explains and demonstrates inclusive, respectful, and safe participation in physical activity settings. Assists others in their participation.
Competent 3	N/A	N/A	Explains and demonstrates inclusive, respectful, and safe participation in physical activity settings.
Lacks Competence 2	N/A	N/A	Demonstrates inclusive, respectful, and safe participation in physical activity settings only under teacher supervision.
Well Below Competence 1	N/A	N/A	Fails to demonstrate inclusive, respectful, and safe participation in physical activity settings.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 5.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains RDA and physical activity guidelines.	N/A
Competent 3	N/A	Accurately explains RDA and physical activity guidelines.	N/A
Lacks Competence 2	N/A	Inaccurately explains RDA or physical activity guidelines.	N/A
Well Below Competence 1	N/A	Inaccurately explains RDA and physical activity guidelines.	N/A