

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 6.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Accurately and effortlessly utilizes movement principles to perform game and rhythmical skills.	Accurately and thoroughly identifies skill-related fitness components. Accurately and thoroughly analyzes movement.	N/A
<b>Competent</b> 3	Accurately utilizes movement principles to perform game and rhythmical skills in predictable situations.	Accurately identifies skill-related fitness components. Accurately analyzes movement.	N/A
<b>Lacks Competence</b> 2	Inaccurately or inconsistently utilizes movement principles to perform game and rhythmical skills only when directed.	Inaccurately identifies skill-related fitness components or inaccurately analyzes movement.	N/A
<b>Well Below Competence</b> 1	Inaccurately and inconsistently utilizes movement principles to perform game and rhythmical skills.	Inaccurately identifies skill-related fitness components and inaccurately analyzes movement.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 6.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	N/A	Accurately and thoroughly explains movement principles, applies anatomical knowledge, and describes activity strategies.	N/A
<b>Competent</b> 3	N/A	Accurately explains movement principles, applies anatomical knowledge, and describes activity strategies.	N/A
<b>Lacks Competence</b> 2	N/A	Inaccurately explains movement principles or inaccurately applies anatomical knowledge, or inaccurately describes activity strategies.	N/A
<b>Well Below Competence</b> 1	N/A	Inaccurately explains movement principles, inaccurately applies anatomical knowledge, and inaccurately describes activity strategies.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 6.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	N/A	Accurately completes personal fitness assessments to develop goals for more than two fitness components. Accurately and thoroughly describes and designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Competent</b> 3	N/A	Accurately completes personal fitness assessments to develop goals for at least two fitness components. Accurately describes and designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Lacks Competence</b> 2	N/A	Inaccurately completes personal fitness assessments to develop goals for at least two fitness components; or inaccurately describes or designs a fitness plan based on training principles, activity guidelines, or assessment results.	N/A
<b>Well Below Competence</b> 1	N/A	Unable to complete personal fitness assessments or to develop goals for fitness components. Unable to describe and design a fitness plan.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 6.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	N/A	N/A	Describes, demonstrates, and assists others in demonstrating integrity, safe participation, conflict-resolution skills, and communication skills with peers in physical activity settings. Accurately describes rules, etiquette, competition, and an improvement plan for a challenging activity.
<b>Competent</b> 3	N/A	N/A	Describes and demonstrates integrity, safe participation, conflict-resolution skills, and communication skills with peers in physical activity settings. Accurately describes rules, etiquette, competition, and an improvement plan for a challenging activity.
<b>Lacks Competence</b> 2	N/A	N/A	Describes and demonstrates integrity, safe participation, conflict-resolution skills, and communication skills with peers in physical activity settings only under teacher supervision. Inaccurately describes rules, etiquette, competition, or an improvement plan for a challenging activity.
<b>Well Below Competence</b> 1	N/A	N/A	Fails to describe and demonstrate integrity, safe participation, conflict-resolution skills, or communication skills with peers in physical activity settings. Inaccurately describes rules, etiquette, competition, and an improvement plan for a challenging activity.

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 6.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains energy balance and its factors of activity and nutrition.	N/A
Competent 3	N/A	Accurately explains energy balance and its factors of activity and nutrition.	N/A
Lacks Competence 2	N/A	Inaccurately explains energy balance and its factors of activity or nutrition.	N/A
Well Below Competence 1	N/A	Inaccurately explains energy balance and its factors of activity and nutrition.	N/A