

## HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL K.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient 4</b>	Accurately and effortlessly performs locomotor (walk, run, hop, gallop, jump) and non-locomotor skills (bend, push, pull, turn, balance, roll). Demonstrates mature form in other manipulative skills (See specifics in Standard K.1). Accurately and effortlessly performs rhythmic patterns and short rope jumping. Accurately and effortlessly demonstrates spatial awareness (directions, levels, pathways) and effort (fast, moderate, slow).	N/A	N/A
<b>Competent 3</b>	Accurately performs locomotor (walk, run, hop, gallop, jump) and non-locomotor skills (bend, push, pull, turn, balance, roll). Approaches mature form in other manipulative skills (See specifics in Standard K.1). Accurately performs rhythmic patterns and short rope jumping. Accurately demonstrates spatial awareness (directions, levels, pathways) and effort (fast, moderate, slow).	N/A	N/A
<b>Lacks Competence 2</b>	Inaccurately performs locomotor (walk, run, hop, gallop, jump) or non-locomotor skills (bend, push, pull, turn, balance, roll). Attempts mature form in other manipulative skills (See specifics in Standard K.1). Inaccurately performs rhythmic patterns or short rope jumping. Inaccurately demonstrates spatial awareness (directions, levels, pathways) or effort (fast, moderate, slow).	N/A	N/A
<b>Well Below Competence 1</b>	Inaccurately performs locomotor (walk, run, hop, gallop, jump) and non-locomotor skills (bend, push, pull, turn, balance, roll). Attempts mature form in few other manipulative skills (See specifics in Standard K.1). Inaccurately performs rhythmic patterns and short rope jumping. Inaccurately demonstrates spatial awareness (directions, levels, pathways) and effort (fast, moderate, slow).	N/A	N/A

## HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL K.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient 4</b>	Consistently demonstrates appropriate use of personal space.	Accurately identifies function of the heart and thoroughly explains purpose of muscles and bones.	N/A
<b>Competent 3</b>	Demonstrates appropriate use of personal space.	Accurately identifies function of the heart and explains purpose of muscles and bones.	N/A
<b>Lacks Competence 2</b>	Inaccurately demonstrates use of own personal space.	Inaccurately identifies function of the heart or inaccurately explains purpose of muscles and bones.	N/A
<b>Well Below Competence 1</b>	Inaccurately demonstrates use of own and respect for others' personal space.	Inaccurately identifies function of the heart and inaccurately explains purpose of muscles and bones.	N/A

## HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL K.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	N/A	Accurately identifies physical activities to do at home. Accurately and thoroughly explains that physical activity helps the body grow.	N/A
<b>Competent</b> 3	N/A	Accurately identifies physical activities to do at home. Accurately explains that physical activity helps the body grow.	N/A
<b>Lacks Competence</b> 2	N/A	Inaccurately identifies physical activities to do at home; or inaccurately explains that physical activity helps the body grow.	N/A
<b>Well Below Competence</b> 1	N/A	Inaccurately identifies physical activities to do at home. Inaccurately explains that physical activity helps the body grow.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL K.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	N/A	N/A	Demonstrates cooperation, safe participation, and proper use of general and personal space. Promotes cooperation and safe participation of others. Accurately identifies classroom rules.
<b>Competent</b> 3	N/A	N/A	Demonstrates cooperation, safe participation, and proper use of general and personal space. Identifies classroom rules.
<b>Lacks Competence</b> 2	N/A	N/A	Demonstrates cooperation, safe participation, and proper use of general and personal space only under teacher supervision. Identifies few classroom rules.
<b>Well Below Competence</b> 1	N/A	N/A	Fails to demonstrate cooperation, safe participation, and proper use of general and personal space. Unable to identify classroom rules.

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL K.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	N/A	Accurately identifies multiple fruits and vegetables and thoroughly explains their nutritional value. Accurately and thoroughly explains the body's need for food.	N/A
<b>Competent</b> 3	N/A	Accurately identifies one fruit and one vegetable and explains their nutritional value. Accurately explains the body's need for food.	N/A
<b>Lacks Competence</b> 2	N/A	Inaccurately identifies fruits and vegetables; or inaccurately explains their nutritional value; or inaccurately explains the body's need for food.	N/A
<b>Well Below Competence</b> 1	N/A	Inaccurately identifies fruits and vegetables and inaccurately explains their nutritional value. Inaccurately explains the body's need for food.	N/A