

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 1.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly performs locomotor (gallop, leap, skip, slide) and non-locomotor skills (twist, curl, bend, stretch, balance). Demonstrates mature form in other manipulative skills (See specifics in Standard 1.1). Accurately and effortlessly performs basic educational gymnastic and rhythmic patterns. Accurately and effortlessly performs multiple consecutive self-turn short rope jumps and long rope jumps. Accurately and effortlessly demonstrates spatial awareness (directions, levels, pathways) and effort (fast, moderate, slow).	N/A	N/A
Competent 3	Accurately performs locomotor (gallop, leap, skip, slide) and non-locomotor skills (twist, curl, bend, stretch, balance). Approaches mature form in other manipulative skills (See specifics in Standard 1.1). Accurately performs basic educational gymnastic and rhythmic patterns. Accurately performs multiple consecutive self-turn short rope jumps and long rope jumps. Accurately demonstrates spatial awareness (directions, levels, pathways) and effort (fast, moderate, slow).	N/A	N/A
Lacks Competence 2	Inaccurately performs locomotor (gallop, leap, skip, slide) or non-locomotor skills (twist, curl, bend, stretch, balance). Attempts mature form in other manipulative skills (See specifics in Standard 1.1). Inaccurately performs basic educational gymnastic or rhythmic patterns. Unable to perform multiple consecutive self-turn short rope jumps or long rope jumps. Inaccurately demonstrates spatial awareness (directions, levels, pathways) or effort (fast, moderate, slow).	N/A	N/A
Well Below Competence 1	Inaccurately performs locomotor (gallop, leap, skip, slide) and/or non-locomotor skills (twist, curl, bend, stretch, balance). Attempts mature form in few other manipulative skills (See specifics in Standard 1.1). Inaccurately performs basic educational gymnastic and/or rhythmic patterns. Unable to perform self-turn short rope jumps and/or long rope jumps. Inaccurately demonstrates spatial awareness (directions, levels, pathways) and/or effort (fast, moderate, slow).	N/A	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 1.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Consistently demonstrates appropriate use of personal and general space.	Accurately identifies location of the brain, thoroughly explains muscle attachment to bones, and thoroughly describes heart and lung function.	N/A
Competent 3	Demonstrates appropriate use of personal and general space.	Accurately identifies location of the brain, accurately explains muscle attachment to bones, and accurately describes heart and lung function.	N/A
Lacks Competence 2	Inaccurately demonstrates use of own personal and general space.	Inaccurately identifies location of the brain, inaccurately explains muscle attachment to bones, or inaccurately describes heart and lung function.	N/A
Well Below Competence 1	Inaccurately demonstrates use of personal and general space.	Inaccurately identifies location of the brain, inaccurately explains muscle attachment to bones, and inaccurately describes heart and lung function.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 1.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately identifies physical activities to do at home and multiple activities that increase heart rates. Accurately and thoroughly describes activities that use varied intensity levels.	N/A
Competent 3	N/A	Accurately identifies physical activities to do at home and one activity that increases heart rates. Accurately describes activities that use varied intensity levels.	N/A
Lacks Competence 2	N/A	Inaccurately identifies physical activities to do at home or activities that increases heart rates; or inaccurately describes activities that use varied intensity levels.	N/A
Well Below Competence 1	N/A	Inaccurately identifies physical activities to do at home and activities that increase heart rates. Inaccurately describes activities that use varied intensity levels.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 1.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	N/A	Demonstrates cooperation and safe participation and promotes cooperation and safe participation of others. Accurately identifies classroom rules.
Competent 3	N/A	N/A	Demonstrates cooperation and safe participation. Identifies classroom rules.
Lacks Competence 2	N/A	N/A	Demonstrates cooperation and safe participation only under teacher supervision. Identifies few classroom rules.
Well Below Competence 1	N/A	N/A	Fails to demonstrate cooperation and safe participation. Unable to identify classroom rules.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 1.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately identifies food groups and multiple foods from each group. Accurately and thoroughly explains the body's need for water and food.	N/A
Competent 3	N/A	Accurately identifies food groups and one food from each group. Accurately explains the body's need for water and food.	N/A
Lacks Competence 2	N/A	Inaccurately identifies food groups and food from each group; or inaccurately explains the body's need for water and food.	N/A
Well Below Competence 1	N/A	Inaccurately identifies food groups and food from each group. Inaccurately explains the body's need for water and food.	N/A