Physical Education

Rubrics – Grade 8

**Doing**

|  |  |  |  |
| --- | --- | --- | --- |
| Exceeds | Meets | Approaching | Working Below |
| Frequently executes and adjusts fundamental movement skills into complex movement skills. | Generally executes and adjusts fundamental movement skills into complex movement skills. | Sometimes executes and adjusts fundamental movement skills into complex movement skills. | Rarely executes and adjusts fundamental movement skills into complex movement skills. |
| Frequently selects and independently adjusts and executes a variety of dance forms. | Generally selects and often independently adjusts and executes dance a variety of dance forms. | Sometimes selects and with some prompting adjusts and executes dance patterns from a variety of dance forms. | Rarely selects, adjusts and executes a variety of dance forms. |
| Frequently produces rhythmic/creative movements with efficient variations of body awareness, space awareness, qualities and relationships. | Generally produces rhythmic/creative movements with somewhat efficient variations of body awareness, space awareness, qualities and relationships. | Sometimes produces rhythmic/creative movements with some variations of body awareness, space awareness, qualities and relationships. | Rarely produces rhythmic/creative movements with efficient variations of body awareness, space awareness, qualities and relationships. |
| Frequently receives, retains and sends various objects with varying speeds, accuracy and distance. | Generally receives, retains and sends various objects with varying speeds and accuracy and distance. | Sometimes receives, retains and sends various objects with varying speeds and accuracy and distance. | Rarely receives, retains and sends various objects with varying speeds and accuracy and distance. |
| Frequently receives, retains and sends various objects with varying speeds, accuracy and distance using an implement. | Generally receives, retains and sends various objects with varying speeds, accuracy and distance using an implement. | Sometimes receives, retains and sends various objects with varying speeds, accuracy and distance using an implement. | Rarely receives, retains and sends various objects with varying speeds, accuracy and distance using an implement. |
| Frequently corrects and enhances sport specific skills through practice with small groups or team situations. | Generally corrects and enhances sport specific skills through practice with small groups or team situations. | Sometimes corrects and enhances sport specific skills through practice with small groups or team situations. | Rarely corrects and enhances sport specific skills through practice with small groups or team situations. |
| Frequently uses specific strategies and tactics that coordinate effort with others. | Generally uses specific strategies and tactics that coordinate effort with others. | Sometimes uses specific strategies and tactics that coordinate effort with others. | Rarely uses specific strategies and tactics that coordinate effort with others. |
| Consistently and independently designs challenging personal wellness plans using appropriate fitness appraisal methods and training principles. | Routinely and somewhat independently designs challenging personal wellness plans using appropriate fitness appraisal methods and training principles. | At times and with support designs challenging personal wellness plans using appropriate fitness appraisal methods and training principles. | Hardly ever designs challenging personal wellness plans using appropriate fitness appraisal methods and training principles. |
| Frequently lists specific strategies and tactics that coordinate effort with others. | Generally lists specific strategies and tactics that coordinate effort with others. | Sometimes lists specific strategies and tactics that coordinate effort with others. | Rarely lists specific strategies and tactics that coordinate effort with others. |

**Knowing**

|  |  |  |  |
| --- | --- | --- | --- |
| Exceeds | Meets | Approaching | Working Below |
| Frequently demonstrates correct understanding of the components of health-related fitness and based on interest and abilities, very easily sets and modifies goals to improve personal fitness levels. | Generally demonstrates correct understanding of the components of health-related fitness and based on interest and abilities, easily sets and modifies goals to improve personal fitness levels. | Sometimes demonstrates correct understanding of the components of health-related fitness and based on interest and abilities, sets and modifies, with assistance, goals to improve personal fitness levels. | Rarely demonstrates correct understanding of the components of health-related fitness and is not able to set and modify goals to improve personal fitness levels. |
| Frequently demonstrates through movement, an understanding of the principles of training. | Generally demonstrates through movement, an understanding of the principles of training. | Sometimes demonstrates through movement, an understanding of the principles of training. | Rarely demonstrates through movement, an understanding of the principles of training. |
| Expertly designs a personal wellness plan. | Adeptly designs a personal wellness plan. | With support designs a personal wellness plan. | Is not able to design a personal wellness plan. |
| Frequently adheres to rules with regard to safety and in game situations. | Generally adheres to rules with regard to safety and in game situations. | Sometimes adheres to rules with regard to safety and in game situations. | Rarely adheres to rules with regard to safety and in game situations. |
| Frequently distinguishes through movement, basic concepts related to body mechanics and skill analysis and applies them in a coaching situation. | Generally distinguishes through movement, basic concepts related to body mechanics and skill analysis applies them in a coaching situation. | Sometimes distinguishes through movement, basic concepts related to body mechanics and skill analysis applies them in a coaching situation.. | Rarely distinguishes through movement, basic concepts related to body mechanics and skill analysis applies them in a coaching situation.. |
| Frequently sets and evaluates challenging goals to improve personal performance. | Generally sets and evaluates challenging goals to improve personal performance. | Somewhat sets and evaluates challenging goals to improve personal performance. | Rarely sets and evaluates challenging goals to improve personal performance. |
| Frequently lists specific strategies and tactics that coordinate effort with others. | Generally lists specific strategies and tactics that coordinate effort with others. | Somewhat lists specific strategies and tactics that coordinate effort with others. | Rarely lists specific strategies and rules that coordinate effort with others. |

**Valuing**

|  |  |  |  |
| --- | --- | --- | --- |
| Exceeds | Meets | Approaching | Working Below |
| Insightfully summarizes the enjoyment gained from being physically active in an alternative setting. | Readily summarizes the enjoyment gained from being physically active in an alternative setting. | At times summarizes the enjoyment gained from being physically active in an alternative setting. | Is not able to summarize the enjoyment gained from being physically active in an alternative setting. |
| Frequently shows fair play and etiquette. | Generally shows fair play and etiquette. | Sometimes shows fair play and etiquette. | Rarely shows fair play and etiquette. |
| Frequently demonstrate confidence in self and others while participating in physical activity. | Generally demonstrate confidence in self and others while participating in physical activity. | Sometimes demonstrate confidence in self and others while participating in physical activity. | Rarely demonstrate confidence in self and others while participating in physical activity. |
| Frequently demonstrates a willingness to participate in a variety of activities including those in an alternative setting. | Generally demonstrates a willingness to participate in a variety of activities including those in an alternative setting. | Sometimes demonstrates a willingness to participate in a variety of activities including those in an alternative setting. | Rarely demonstrates a willingness to participate in a variety of activities including those in an alternative setting. |
| Frequently applies leadership skills related to physical activity. | Generally applies leadership skills related to physical activity. | Sometimes applies leadership skills related to physical activity. | Rarely identifies and applies leadership skills related to physical activity. |
| Frequently cooperates and interact respectfully with others. | Generally cooperates and interact respectfully with others. | Sometimes cooperates and interact respectfully with others. | Rarely cooperates and interact respectfully with others. |