

Sample Rubric for Physical Education

<i>SAMPLE Rubrics from the Web</i>	Needs Improvement 1	Acceptable 2	Good 3	Outstanding 4
Developmental Games and Sports + Outdoor Pursuits (E.g. Volleyball, Field/Floor Hockey, Basketball, Flag Football, Inter-Cross, Pickle Ball, Walking)	Skills are weak and need improvement. Is unsure of proper techniques but is sometimes successful in executing them. Knows and tries to follow some rules of the game.	Skills are adequate. Tries to use proper techniques and is often successful in executing them. Knows and tries to follow most rules of the game.	Skills are generally good. Mostly uses proper techniques and is usually successful in executing them. Knows and tries to follow the rules of the game.	Skills are superior. Uses proper techniques and is successful in executing them. Knows and always follows the rules of the game.
Games or Activities (Movement Patterns—sending, receiving, accompanying, evading, locomotions, landings statics, swings, rotations, springs) (Activities—Tag, Dodge Ball, Pin Ball, etc.)	Skills are weak and need improvement. Is unsure of proper techniques but is sometimes successful in executing them. Knows and tries to follow some rules of the game.	Skills are adequate. Tries to use proper techniques and is often successful in executing them. Knows and tries to follow most rules of the game.	Skills are generally good. Mostly uses proper techniques and is usually successful in executing them. Knows and tries to follow the rules of the game.	Skills are superior. Uses proper techniques and is successful in executing them. Knows and always follows the rules of the game.
Personal Fitness (Cardiovascular and Strength Activities)	Is generally unfit. Participates but needs frequent rest during cardiovascular and strength activities.	Is somewhat fit. Can participate with a few rest periods.	Is generally fit. Can participate with little rest.	Is fit. Is seldom tired at the end of an activity. Can move on to another activity. Able to participate in a variety of activities.
Rhythmics/Dance	Skills are weak and need improvement. Is unsure of proper techniques but is sometimes successful in executing them. Knows and tries to follow movement patterns required.	Skills are adequate. Tries to use proper techniques and is often successful in executing them. Knows and tries to follow most movement patterns.	Skills are generally good. Mostly uses proper techniques and is usually successful in executing them. Attempts to apply the necessary skills and follows movement patterns.	Skills are superior. Uses proper techniques and is successful in executing them. Knows and always follows movement patterns. Helps others to develop their own skills. Applies skills learned to other activities.
Attitude	Disturbs the harmony of the group, interrupting others' focus and efforts. Typically fools around and is generally uninvolved. Demonstrates poor sportsmanship.	Demonstrates a positive attitude. Sometimes fools around. Sometimes encourages and is kind to classmates. Sometimes demonstrates good sportsmanship.	Demonstrates a positive attitude. Rarely fools around. Often encourages and is kind to classmates. Almost always demonstrates good sportsmanship.	Leads others to improve. Consistently demonstrates an extremely positive attitude. Never fools around. Consistently encourages and is kind to classmates. Consistently demonstrates good sportsmanship.
Effort	Participates only if he/she enjoys the activity. Rarely attempts to learn new skills. Does not demonstrate listening behaviours.	Usually tries even if he/she doesn't enjoy the activity. Responds when prompted. Tries to learn some new skills. Attempts to listen.	Gives his/her very good effort even if he/she doesn't enjoy the activity. Attempts to learn the necessary skills. Generally listens well. Occasionally asks questions for clarification.	Consistent in giving best efforts. Strives to improve on learned skills. Helps others to develop their own skills. Listens attentively: shows active listening. Asks questions for clarification.