

	10 - 9	8 - 7	6 - 5	4 - 3	2 - 1	0
Preparation	Excellent attendance, always on time and prepared for class activity (proper PE Uniform).	Good attendance, almost always on time, prepared for activity	Fair attendance, frequently tardy, inconsistently prepared for class	Seldom prepared for class, often late or absent	Consistently late or absent, does not change into PE clothes, many excuses for not dressing	Doesn't participate in class.
Effort	Gives top effort daily, models a high level of participation, self motivated, committed to improving personal fitness, encourage others.	Consistent daily effort, good level of participation, displays quality movement during play, stays on task, maintains personal fitness.	Needs some reminders to participate, puts forth minimum effort, contributes little to play, does not work hard enough to improve personal fitness	Poor effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation	Avoids participation, excessive socialization, off task, interferes with others learning, displays poor attitude towards activity	No effort shown
Skills	Demonstrates excellent understanding of skills and strategies. Intense practice produces growth in skill/strategy development.	Demonstrates basic skills and strategies with ease, shows good skill/strategy improvement	Performs most skills and game strategies at an introductory level. Demonstrates satisfactory understanding of skill concepts	Demonstrates inadequate skills with little or no development. Displays poor understanding of basic skills and game strategy.	Refusal to attempt or participate in skill development, inability to demonstrate knowledge or basic skills or strategies.	No skill demonstrated
Knowledge	Excellent knowledge of safety and game rules, boundaries, scoring, game concepts, and strategies.	Good knowledge of safety and game rules, boundaries, scoring, game concepts, and strategies	Fair knowledge of safety and game rules, boundaries, scoring, game concepts, and strategies.	Poor knowledge of rules, boundaries, scoring, game concepts, and strategies.	Insufficient knowledge of rules, boundaries, scoring, game concepts, and strategies with no attempt to learn them.	No knowledge demonstrated
Behavior	Respectful of all classmates, helps others when needed, positive and fair game play, follows safety rules, treats equipment with care, models self-control	Supportive of all students in class, follows directions, active listener, follows safety rules, treats equipment with care, stays on task during activity.	Needs some reminders to: listen and follow directions, to follow safety rules, to use equipment appropriately, and to stay on task during activity.	Needs constant reminders to stay on task and follow directions. Talks during directions, ignores safety rules, argues with others during activity, negative comments towards others.	Interrupts teacher when talking, asks inappropriate questions, abuses equipment, disrespects safety rules, disrespects others, a danger to self and others in class, refuses to stay on task.	Constantly removed from class due to behavior issues.
Journal	Restated question, answered question in required number of sentences, demonstrated excellent knowledge of material, finished with a conclusion.	Restated question, answered question in required number of sentences, demonstrated some knowledge of material, finished with a conclusion.	Restated question, answered question in required number of sentences, demonstrated incomplete knowledge of material, did not finish with a conclusion.	Attempted but not all requirements met: restate question, required number of sentences, knowledge not demonstrated, conclusion.	Minimal effort, lists items not sentences.	No journal completed