

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 11/12.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly utilizes biomechanical and physiological principles to perform skills in a variety of lifetime activities. Accurately and effortlessly applies activity strategies.	Accurately and thoroughly identifies and analyzes skills, strategies, and practice and game plans.	N/A
Competent 3	Accurately utilizes biomechanical and physiological principles to perform skills in a variety of lifetime activities. Accurately applies activity strategies.	Accurately identifies and analyzes skills, strategies, and practice and game plans.	N/A
Lacks Competence 2	Inaccurately or inconsistently utilizes biomechanical and physiological principles to perform skills in a variety of lifetime activities only when directed. Inaccurately or inconsistently applies activity strategies.	Inaccurately identifies or inaccurately analyzes skills, strategies, or practice and game plans.	N/A
Well Below Competence 1	Inaccurately and inconsistently performs skills in a variety of lifetime activities. Inaccurately and inconsistently applies activity strategies.	Inaccurately identifies and inaccurately analyzes skills, strategies, and practice and game plans.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 11/12.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and thoroughly applies biomechanical and physiological principles related to movement.	Accurately and thoroughly explains and analyzes biomechanical and physiological principles related to movement. Accurately and thoroughly explains rules and tactics.	N/A
Competent 3	Accurately applies biomechanical and physiological principles related to movement.	Accurately explains and analyzes biomechanical and physiological principles related to movement. Accurately explains rules and tactics.	N/A
Lacks Competence 2	Needs assistance to apply biomechanical and physiological principles related to movement.	Inaccurately explains and analyzes biomechanical and physiological principles related to movement; or inaccurately explains rules and tactics.	N/A
Well Below Competence 1	Unable to apply biomechanical and physiological principles related to movement.	Inaccurately explains and analyzes biomechanical and physiological principles related to movement. Inaccurately explains rules and tactics.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 11/12.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly designs, evaluates, and adjusts health-related fitness plans with identified benefits, resources, and barriers.	N/A
Competent 3	N/A	Accurately designs, evaluates, and adjusts health-related fitness plans with identified benefits, resources, and barriers.	N/A
Lacks Competence 2	N/A	Inaccurately designs, evaluates, or adjusts health-related fitness plans with identified benefits, resources, or barriers.	N/A
Well Below Competence 1	N/A	Inaccurately designs, evaluates, and adjusts health-related fitness plans. Fails to identify benefits, resources, or barriers.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 11/12.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains safety, conflict resolution, and inclusion strategies. Identifies the social benefits of physical activity.	Participates safely and with consideration and support for others. Promotes inclusion of all group members.
Competent 3	N/A	Accurately explains safety, conflict resolution, and inclusion strategies. Identifies the social benefits of physical activity.	Participates safely and independently without disrupting the learning environment. Accepts inclusion of all group members.
Lacks Competence 2	N/A	Inaccurately explains safety, conflict resolution, or inclusion strategies.	Participates with self-control under teacher's supervision.
Well Below Competence 1	N/A	Inaccurately explains safety, conflict resolution, and inclusion strategies.	Participation is minimal or unsafe and/or disrupts the learning environment.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 11/12.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains wellness concepts and energy balance for a lifetime. Accurately and thoroughly self-evaluates energy balance factors.	N/A
Competent 3	N/A	Accurately explains wellness concepts and energy balance for a lifetime. Accurately self-evaluates energy balance factors.	N/A
Lacks Competence 2	N/A	Inaccurately explains wellness concepts or energy balance for a lifetime; or inaccurately self-evaluates energy balance factors.	N/A
Well Below Competence 1	N/A	Inaccurately explains wellness concepts and energy balance for a lifetime. Inaccurately self-evaluates energy balance factors.	N/A