

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 3.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly performs manipulative skills (OH throw, catch, dominant hand/foot dribble and pass, kick, strike). Accurately and effortlessly performs jump rope, educational gymnastics, and basic dance sequences.	Creates a dance sequence that includes appropriate locomotor patterns, levels, shapes, pathways, and flow.	N/A
Competent 3	Accurately performs manipulative skills (OH throw, catch, dominant hand/foot dribble and pass, kick, strike). Accurately performs jump rope, educational gymnastics, and basic dance sequences.	Creates a dance sequence that includes locomotor patterns, levels, shapes, pathways, and flow.	N/A
Lacks Competence 2	Inaccurately performs manipulative skills (OH throw, catch, dominant hand/foot dribble and pass, kick, or strike); or inaccurately performs jump rope, educational gymnastics, or basic dance sequences.	Creates a dance sequence that fails to include accurate locomotor patterns, levels, shapes, pathways, or flow.	N/A
Well Below Competence 1	Inaccurately performs manipulative skills (OH throw, catch, dominant hand/foot dribble and pass, kick, strike). Inaccurately performs jump rope, educational gymnastics, and basic dance sequences.	Attempts to create a dance sequence.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 3.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly applies the movement concept of open space.	Accurately and thoroughly describes cardiorespiratory (heart, lungs, blood vessels), muscular (hamstrings, triceps), and skeletal system (femur, tibia, fibula, humerus, radius, ulna) components.	N/A
Competent 3	Accurately applies the movement concept of open space.	Accurately describes cardiorespiratory (heart, lungs, blood vessels), muscular (hamstrings, triceps), and skeletal system (femur, tibia, fibula, humerus, radius, ulna) components.	N/A
Lacks Competence 2	Inaccurately or inconsistently applies the movement concept of open space.	Inaccurately describes cardiorespiratory (heart, lungs, blood vessels) or muscular (hamstrings, triceps) or skeletal system (femur, tibia, fibula, humerus, radius, ulna) components.	N/A
Well Below Competence 1	Inaccurately and inconsistently applies the movement concept of open space.	Inaccurately describes cardiorespiratory (heart, lungs, blood vessels) and muscular (hamstrings, triceps) and skeletal system (femur, tibia, fibula, humerus, radius, ulna) components.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 3.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately demonstrates multiple activities for each health-related fitness component.	Accurately and thoroughly describes health-related fitness components, an assessment for each component, and the intensity levels of MVPA.	N/A
Competent 3	Accurately demonstrates one activity for each health-related fitness component.	Accurately describes health-related fitness components, an assessment for each component, and the intensity levels of MVPA.	N/A
Lacks Competence 2	Accurately demonstrates one activity for fewer than five health-related fitness components.	Inaccurately describes health-related fitness components or an assessment for each component or the intensity levels of MVPA.	N/A
Well Below Competence 1	Unable to accurately demonstrate an activity for any of the health-related fitness components.	Inaccurately describes health-related fitness components and an assessment for each component and the intensity levels of MVPA.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 3.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	N/A	Identifies and demonstrates rule-conformity and cooperation while participating in physical activity settings. Assists others in demonstrating those same behaviors. Implements teacher feedback and provides feedback to multiple peers.
Competent 3	N/A	N/A	Identifies and demonstrates rule-conformity and cooperation while participating in physical activity settings. Implements teacher feedback and provides feedback to a peer.
Lacks Competence 2	N/A	N/A	Demonstrates rule-conformity and cooperation while participating in physical activity settings only under teacher supervision. Implements teacher feedback or provides feedback to a peer.
Well Below Competence 1	N/A	N/A	Fails to identify and demonstrate rule-conformity and cooperation while participating in physical activity settings. Fails to implement teacher feedback or provide feedback to a peer.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 3.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly identifies food groups, hydration choices, and macronutrients as related to energy balance.	N/A
Competent 3	N/A	Accurately identifies food groups, hydration choices, and macronutrients as related to energy balance.	N/A
Lacks Competence 2	N/A	Inaccurately identifies food groups, hydration choices, or macronutrients as related to energy balance.	N/A
Well Below Competence 1	N/A	Inaccurately identifies food groups, hydration choices, and macronutrients and cannot relate them to energy balance.	N/A