

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 4.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly performs locomotor, non-locomotor, manipulative (throw, catch, hand dribble, foot dribble, strike), educational gymnastic, and rhythmical skills. Effectively demonstrates use of speed, endurance, and pacing strategies in physical activities. Provides accurate skill feedback to others.	Accurately creates an educational gymnastic sequence, a partner dance sequence, and a jump-rope routine.	N/A
Competent 3	Accurately performs locomotor, non-locomotor, manipulative (throw, catch, hand dribble, foot dribble, strike), educational gymnastic, and rhythmical skills. Demonstrates use of speed, endurance, and pacing strategies in physical activities. Provides skill feedback to others.	Accurately creates an educational gymnastic sequence, a partner dance sequence, or a jump-rope routine.	N/A
Lacks Competence 2	Inaccurately performs locomotor, non-locomotor, manipulative (throw, catch, hand dribble, foot dribble, strike), educational gymnastic, or rhythmical skills. Inaccurately demonstrates use of speed, endurance, or pacing strategies in physical activities. Provides skill feedback to others only when directed by teacher.	Inaccurately creates an educational gymnastic sequence, a partner dance sequence, or a jump-rope routine.	N/A
Well Below Competence 1	Inaccurately performs locomotor, non-locomotor, manipulative (throw, catch, hand dribble, foot dribble, strike), educational gymnastic, and rhythmical skills. Inaccurately demonstrates use of speed, endurance, and pacing strategies in physical activities. Fails to provide skill feedback to others.	Inaccurately creates an educational gymnastic sequence, a partner dance sequence, and a jump-rope routine.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 4.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately identifies cardiorespiratory (heart, lungs, blood vessels), muscular (deltoid, gluteal), & skeletal system (sternum, vertebrae, patella, phalange) components and applies knowledge to movement. Accurately locates own radial and carotid pulse. Accurately identifies the movement concept of closing space.	N/A
Competent 3	N/A	Accurately identifies the cardiorespiratory (heart, lungs, blood vessels), muscular (deltoid, gluteal), & skeletal system (sternum, vertebrae, patella, phalange) components. Accurately locates own radial or carotid pulse. Accurately identifies the movement concept of closing space.	N/A
Lacks Competence 2	N/A	Inaccurately identifies the cardiorespiratory (heart, lungs, blood vessels), muscular (deltoid, gluteal), or skeletal system (sternum, vertebrae, patella, phalange) components.; or inaccurately locates own pulse; or inaccurately identifies the movement concept of closing space.	N/A
Well Below Competence 1	N/A	Inaccurately identifies the cardiorespiratory (heart, lungs, blood vessels), muscular (deltoid, gluteal), & skeletal system (sternum, vertebrae, patella, phalange) components. Inaccurately locates own pulse. Inaccurately identifies the movement concept of closing space.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 4.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly describes health-related fitness components, analyzes results, creates goals, and identifies appropriate activities to meet goals.	N/A
Competent 3	N/A	Accurately describes health-related fitness components, analyzes results, creates goals, and identifies appropriate activities to meet goals.	N/A
Lacks Competence 2	N/A	Inaccurately describes health-related fitness components, analyzes results, creates goals, or identifies appropriate activities to meet goals.	N/A
Well Below Competence 1	N/A	Inaccurately describes health-related fitness components, analyzes results, creates goals, and identifies appropriate activities to meet goals.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 4.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	N/A	Identifies and demonstrates goal-setting, conflict-resolution, etiquette, and integrity while participating in physical activity settings. Assists others in demonstrating those same behaviors.
Competent 3	N/A	N/A	Identifies and demonstrates goal-setting, conflict-resolution, etiquette, and integrity while participating in physical activity settings.
Lacks Competence 2	N/A	N/A	Demonstrates goal-setting, conflict-resolution, etiquette, and integrity only under teacher supervision.
Well Below Competence 1	N/A	N/A	Fails to demonstrate goal-setting, conflict-resolution, etiquette, and/or integrity in physical activity settings.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 4.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains calories, macronutrients, hydration, and MVPA as related to energy balance.	N/A
Competent 3	N/A	Accurately explains calories, macronutrients, hydration, and MVPA as related to energy balance.	N/A
Lacks Competence 2	N/A	Inaccurately explains calories, macronutrients, hydration, or MVPA as related to energy balance.	N/A
Well Below Competence 1	N/A	Inaccurately explains calories, macronutrients, hydration, and MVPA as related to energy balance.	N/A