

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 7.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Accurately and effortlessly utilizes biomechanical principles to perform game and rhythmical skills. Demonstrates the movement learning progression for multiple skills.	Accurately and thoroughly explains movement stability that involves balance and movement planes.	N/A
<b>Competent</b> 3	Accurately utilizes biomechanical principles to perform game and rhythmical skills in predictable situations. Demonstrates the movement learning progression for a specific skill.	Accurately explains movement stability that involves balance and movement planes.	N/A
<b>Lacks Competence</b> 2	Inaccurately or inconsistently utilizes biomechanical principles to perform game and rhythmical skills only when directed. Attempts the movement learning progression for a specific skill.	Inaccurately explains movement stability that involves balance or movement planes.	N/A
<b>Well Below Competence</b> 1	Inaccurately and inconsistently performs game and rhythmical skills. Skill development is insufficient to enable participation in the movement learning progression.	Inaccurately explains movement stability that involves balance and movement planes.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 7.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Accurately and effortlessly utilizes biomechanical principles to perform skills.	Accurately and thoroughly explains movement principles and accurately analyzes movement patterns.	N/A
<b>Competent</b> 3	Accurately utilizes biomechanical principles to perform skills in predictable situations.	Accurately explains movement principles and accurately analyzes movement patterns.	N/A
<b>Lacks Competence</b> 2	Inaccurately or inconsistently utilizes biomechanical principles to perform skills only when directed.	Inaccurately explains movement principles or inaccurately analyzes movement patterns.	N/A
<b>Well Below Competence</b> 1	Inaccurately and inconsistently performs skills.	Inaccurately explains movement principles and inaccurately analyzes movement patterns.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 7.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Implements an appropriate activity plan. Able to assist others in their implementation of an activity plan.	Accurately and thoroughly utilizes technology to conduct personal fitness assessments that lead to goals for more than three fitness components. Accurately and thoroughly describes and designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Competent</b> 3	Implements an appropriate activity plan.	Accurately utilizes technology to conduct personal fitness assessments that lead to goals for at least three fitness components. Accurately describes and designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Lacks Competence</b> 2	Implements an inappropriate activity plan.	Inaccurately utilizes technology to conduct personal fitness assessments that should lead to goals for fitness components. Inaccurately describes or designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Well Below Competence</b> 1	Fails to implement an activity plan.	Unable to complete personal fitness assessments or to develop goals for fitness components. Unable to describe and design a fitness plan.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 7.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly describes safe participation and respectful social interaction in physical activity.	Describes, demonstrates, and assists others in demonstrating respect for others and cooperation while self-officiating and safely engaging in activities. Applies conflict-resolution skills and communication with peers in physical activity settings. Accurately describes stress relief activities, along with benefits of physical activity.
	N/A	Accurately describes safe participation and respectful social interaction in physical activity.	Describes and demonstrates respect for others and cooperation while self-officiating and safely engaging in activities. Applies conflict-resolution skills and communication with peers in physical activity settings. Accurately describes stress relief activities, along with benefits of physical activity.
Competent 3	N/A	Inaccurately describes safe participation or respectful social interaction in physical activity.	Describes and demonstrates respect for others and cooperation while self-officiating and safely engaging in activities only under teacher supervision. Applies conflict-resolution skills and communication with peers in physical activity settings only under teacher supervision. Inaccurately describes stress relief activities, or their benefits of physical activity.
	N/A	Inaccurately describes safe participation and respectful social interaction in physical activity.	Fails to describe and demonstrate respect for others and cooperation while self-officiating and safely engaging in activities. Fails to apply conflict-resolution skills and communication with peers in physical activity settings. Inaccurately describes stress relief activities, and their benefits of physical activity.
Lacks Competence 2	N/A	Inaccurately describes safe participation and respectful social interaction in physical activity.	Fails to describe and demonstrate respect for others and cooperation while self-officiating and safely engaging in activities. Fails to apply conflict-resolution skills and communication with peers in physical activity settings. Inaccurately describes stress relief activities, and their benefits of physical activity.
Well Below Competence 1	N/A	Inaccurately describes safe participation and respectful social interaction in physical activity.	Fails to describe and demonstrate respect for others and cooperation while self-officiating and safely engaging in activities. Fails to apply conflict-resolution skills and communication with peers in physical activity settings. Inaccurately describes stress relief activities, and their benefits of physical activity.

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 7.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains energy balance and its factors of sleep, activity, and nutrition. Accurately and thoroughly describes rate of perceived exertion.	N/A
Competent 3	N/A	Accurately explains energy balance and its factors of sleep, activity, and nutrition. Accurately describes rate of perceived exertion.	N/A
Lacks Competence 2	N/A	Inaccurately explains energy balance and its factors of sleep, activity, or nutrition; or inaccurately describes rate of perceived exertion.	N/A
Well Below Competence 1	N/A	Inaccurately explains energy balance and its factors of sleep, activity, and nutrition. Inaccurately describes rate of perceived exertion.	N/A