

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL FI.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly performs skills in health-related and skill-related fitness activities.	Accurately and thoroughly explains and analyzes skill-related fitness, health-related fitness, and daily living activities for multiple populations. Accurately and thoroughly explains factors for exercise program adherence.	Participates safely and with consideration and support for others in fitness activities.
Competent 3	Accurately performs skills in health-related and skill-related fitness activities.	Accurately explains and analyzes skill-related fitness, health-related fitness, and daily living activities for multiple populations. Accurately explains factors for exercise program adherence.	Participates safely and independently without disrupting the learning environment.
Lacks Competence 2	Inaccurately or inconsistently performs skills in health-related or skill-related fitness activities.	Inaccurately explains or analyzes skill-related fitness, health-related fitness, or daily living activities for multiple populations; or inaccurately explains factors for exercise program adherence.	Participates in fitness activities with self-control under teacher's supervision.
Well Below Competence 1	Inaccurately and inconsistently performs skills in health-related and skill-related fitness activities.	Inaccurately explains and analyzes skill-related fitness, health-related fitness, and daily living activities for multiple populations. Inaccurately explains factors for exercise program adherence.	Participation in fitness activities is minimal or unsafe and/or disrupts the learning environment.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL FI.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately performs skill-related and health-related fitness assessments with multiple populations.	Accurately and thoroughly explains anatomical movement principles, assessments, contraindications, and injuries. Accurately and thoroughly explains the body's response to exercise.	N/A
Competent 3	Accurately performs skill-related and health-related fitness assessments.	Accurately explains anatomical movement principles, assessments, contraindications, and injuries. Accurately explains the body's response to exercise.	N/A
Lacks Competence 2	Inaccurately performs skill-related or health-related fitness assessments.	Inaccurately explains anatomical movement principles, assessments, contraindications, or injuries; or inaccurately explains the body's response to exercise.	N/A
Well Below Competence 1	Inaccurately performs skill-related and health-related fitness assessments.	Inaccurately explains anatomical movement principles, assessments, contraindications, and injuries. Inaccurately explains the body's response to exercise.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL FI.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly designs skill and health-related fitness plans that utilize assessments, goals, progressions, and mind-body exercise.	N/A
Competent 3	N/A	Accurately designs skill and health-related fitness plans that utilize assessments, goals, progressions, and mind-body exercise.	N/A
Lacks Competence 2	N/A	Inaccurately designs skill or health-related fitness plans that may utilize assessments, goals, progressions, or mind-body exercise.	N/A
Well Below Competence 1	N/A	Inaccurately designs skill and health-related fitness plans. Plans do not utilize assessments, goals, progressions, and/or mind-body exercise.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL FI.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Demonstrates and assists others in developing appropriate teaching and safety strategies for physical activity settings.	Accurately and thoroughly explains appropriate teaching and safety strategies for physical activity settings.	Participates safely and with consideration and support for others. Takes on leadership role and promotes leadership in others.
Competent 3	Demonstrates appropriate teaching and safety strategies for physical activity settings.	Accurately explains appropriate teaching and safety strategies for physical activity settings.	Participates safely and independently without disrupting the learning environment. Takes on leadership role.
Lacks Competence 2	Demonstrates inappropriate teaching or safety strategies for physical activity settings.	Inaccurately explains appropriate teaching or safety strategies for physical activity settings.	Participates with self-control under teacher's supervision. Avoids taking leadership role.
Well Below Competence 1	Demonstrates inappropriate teaching and safety strategies for physical activity settings.	Inaccurately explains appropriate teaching and safety strategies for physical activity settings.	Participation is minimal or unsafe and/or disrupts the learning environment. Avoids taking leadership role and following leaders.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL FI.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains the effects of nutrition and physical activity on energy balance and body composition.	N/A
Competent 3	N/A	Accurately explains the effects of nutrition and physical activity on energy balance and body composition.	N/A
Lacks Competence 2	N/A	Inaccurately explains the effects of nutrition or physical activity on energy balance or body composition.	N/A
Well Below Competence 1	N/A	Inaccurately explains the effects of nutrition and physical activity on energy balance and body composition.	N/A