Physical Education Rubrics Grade 1	4 Exceeding	3 Meeting	2 Progressing	1 Area of Concern
Leading An Active Lifestyle				
Participates regularly in physical education class	Participates 100% of the time	Participates 90% of the time	Participates 80% of the time	Participates 50% or less of the time
Physical Skill Development: Locomotor Skills	Able to perform all of the basic locomotor patters, all of the proficient locomotor patterns, and 1 or more advanced locomotor patterns.	Able to perform the basic locomotor patterns and any 2 of the proficient locomotor patterns.	Able to perform all of the basic locomotor patterns	Unable to perform all of the basic locomotor patterns
Basic Locomotor Skills: Run Jump		**Refer to the kindergarten rubric for specific skill performance guidelines		
Proficient Locomotor Skills: Skip Hop Gallop		**Refer to the kindergarten rubric for specific skill performance guidelines		
Advanced Locomotor Skills: Slide Leap		**Refer to the kindergarten rubric for specific skill performance guidelines		
Physical Skill Development: Object Control Skills				
Striking a stationary ball (Critical elements of the skill are listed on the kindergarten rubric)	Able to perform all of the critical elements of the skill 4 out 5 attempts	Able to perform all of the critical elements of the skill 3 out 5 attempts	Missing one or more of the critical elements of the skill	Infrequently demonstrates the critical elements of the skill
Stationary Dribble (Critical elements of the skill are listed on the kindergarten rubric)	Able to perform all of the critical elements of the skill and maintain control of the ball for more than 8 consecutive bounces	Able to perform all of the critical elements of the skill Maintains control of the ball for 8 consecutive bounces without having to move feet or retrieve the ball	Missing one or more of the critical elements of the skill	Infrequently demonstrates the critical elements of the skill
Catch (Critical elements of the skill are listed on the kindergarten rubric)	Able to perform all of the critical elements of the skill 4 out 5 attempts	Able to perform all of the critical elements of the skill 3 out 5 attempts	Missing one or more of the critical elements of the skill	Infrequently demonstrates the critical elements of the skill

First Grade Physical Education	4 Exceeding	3 Meeting	2 Progressing	1 Area of Concern
Kick (Critical elements of the skill are listed on the kindergarten rubric)	Able to perform all of the critical elements of the skill 4 out 5 attempts	Able to perform all of the critical elements of the skill 3 out 5 attempts	Missing one or more of the critical elements of the skill	Infrequently demonstrates the critical elements of the skill
Overhand Throw (Critical elements of the skill are listed on the kindergarten rubric)	Able to perform all of the critical elements of the skill 4 out 5 attempts	Able to perform all of the critical elements of the skill 3 out 5 attempts	Missing one or more of the critical elements of the skill	Infrequently demonstrates the critical elements of the skill
Underhand Roll (Critical elements of the skill are listed on the kindergarten rubric)	Able to perform all of the critical elements of the skill 4 out 5 attempts	Able to perform all of the critical elements of the skill 3 out 5 attempts	Missing one or more of the critical elements of the skill	Infrequently demonstrates the critical elements of the skill
Health Enhancing Fitness				
Maintains continuous aerobic activity for a specified amount of time – Jog for 5 minutes	10 min. or more, no walking	5 min., no walking	Walk and jog throughout	Stop, walk, and jog throughout
Develops upper body strength (right angle push-ups)	8 or more	3-8 push-ups	1-3 push-ups	0 push-ups
Develops abdominal strength (curl-ups)	10 or more	2-10 curl-ups	1 curl-ups	0 curl-ups
Develops flexibility (modified sit and reach test)	8-12 in. boys 9-12 in. girls	8 in. boys 9 in. girls	Less than 8 in. boys Less than 9 in. girls	Unable to touch metal plate
Respectful Behaviors				
Listens and follows directions	Listens and follows directions all of the time	Listens and follows directions 90% of the time	Listens and follows directions 80% of the time	Does not listen.
Works independently	Works independently at all times and seeks ways to problem solve	Works independently 90% of the time	Works independently 80% of the time	Disturbs other students learning process.
Works cooperatively	Works cooperatively, is kind and helpful at all times.	Participates appropriately in activities with a partner or in a group 90% of the time	Participates appropriately in activities with a partner or in a group 80% of the time	Uncooperative
Respectful of people and property	Is safe, respectful, courteous, shows good sportsmanship, is kind to people, places, and things at all times.	Is safe, shows good sportsmanship, is kind to people, places, and things 90% of the time.	Is safe, shows good sportsmanship, is kind to people, places, and things 80% of the time.	Is not safe. Does not show good sportsmanship and does not treat people, places, and things kindly.