

#	Description	Rubric (Rating Scale)	Samples of Level 3 Performance (Meeting PE State Standards)
7.1	Demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.	<p>(0) Rarely: Student rarely (or cannot) demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.</p> <p>(1) Seldom: Student seldom demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.</p> <p>(2) Sometimes: Student sometimes demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.</p> <p>(3) Consistently: Student consistently demonstrates mature sport skill combinations competently with players in</p>	<p>Level 3: The student is able to show body control and the ability to combine two or more manipulative skills in sequence. For example: (1) student successfully fields a ground ball and throws to the correct base; (2) student successfully picks up their dribble and establishes a pivot foot for the purpose of shooting or passing; (3) student successfully gets open by changing direction and/or speed as to catch a Frisbee and throw to another open player.</p>
7.2	Performs a variety of multicultural dances and/or rhythmic activities competently (e.g., international folk dances, tininkling, jump rope).	<p>(0) Rarely: Student rarely (or cannot) performs a variety of multicultural dances and/or rhythmic activities competently.</p> <p>(1) Seldom: Student seldom performs a variety of multicultural dances and/or rhythmic activities competently.</p> <p>(2) Sometimes: Student sometimes performs a variety of multicultural dances and/or rhythmic activities competently.</p> <p>(3) Consistently: Student consistently performs a variety of multicultural dances and/or rhythmic activities competently.</p> <p>(4) Exceeds: Student always performs a variety of multicultural dances and/or rhythmic activities competently and can assist (without prompting as appropriate)</p>	<p>Level 3: The student is able to show body control and the ability to combine movement skills in time to the music. For example: (1) student can perform "Cotton Eye Joe" dance steps; "Hannah Montana Hoe-Down Throw-Down;" (2) student can perform "Hannah Montana Hoe-Down Throw-Down" steps; (3) student can perform a short jump rope routine consisting of 3 or more sequenced skills for at least 30 seconds.</p>

7.3	Transfers throwing and other manipulative skills from one sport/activity to another (e.g., able to transfer the mechanics of the overhand throw to a tennis serve or volleyball spike).	(0) Rarely: Student rarely (or cannot) transfers throwing and other manipulative skills from one sport/activity to another (e.g., able to transfer the mechanics of the overhand throw to a tennis serve or volleyball spike). (1) Seldom: Student seldom transfers throwing and other manipulative skills	
7.4	Uses skill combinations competently with basic offensive and defensive strategies in small group cooperative or competitive activities (e.g., keeps between the player with the ball and the goal).	(0) Rarely: Student rarely (or cannot) uses skill combinations competently with basic offensive and defensive strategies in small group cooperative or competitive activities. (1) Seldom: Student seldom uses skill combinations competently with basic offensive and defensive strategies in	
7.5	Knows and applies rubrics to improve the quality of player response (both offensive and defensive) to dynamic, interactive environments.	(0) Rarely: Student rarely (or does not) knows and applies rubrics to improve the quality of player response (both offensive and defensive) to dynamic, interactive environments. (1) Seldom: Student seldom knows and	
7.6	Uses data from 6th grade (e.g., health-related fitness assessment results, heart rate monitors, pedometers, skinfold calipers) to improve on at least three or more self-selected items	(0) Rarely: Student rarely (or does not) uses data from 6th grade (e.g., health-related fitness assessment results, heart rate monitors, pedometers, skinfold calipers) to improve on three or more self-selected items. (1) Seldom: Student seldom uses data from 6th grade (e.g.,	
7.7	Participates in numerous bouts of moderate to vigorous physical activity (MVPA) for >30 minutes of time during and outside of school and incorporates 1-2 of the Centers for Disease Control's (CDC) recommendations for physical activity.	(0) Rarely: Student rarely (or cannot) participates in numerous bouts of moderate to vigorous physical activity (MVPA) for >30 minutes of time during and outside of school and incorporates 1-2 of CDC's recommendations for physical activity. (1) Seldom: Student seldom participates in numerous bouts of moderate to vigorous physical activity (MVPA) for >30 minutes of time during	

7.8	Demonstrates the ability to perform numerous bouts of self-paced aerobic activity during and outside of school by keeping in the appropriate Perceived Exertion	(0) Rarely: Student rarely (or cannot) demonstrates the ability to perform numerous bouts of self-paced aerobic activity during and outside of school by keeping in the appropriate Perceived Exertion Scale (PES) level target heart	
7.9	Describes and demonstrates a variety of training methods including, but not limited to isotonic, isometric, interval, and	(0) Rarely: Student rarely (or cannot) describes and demonstrates a variety of training methods including, but not limited to isotonic, isometric, interval, and circuit methods.	
7.10	Understands all five obesity prevention health behaviors and self-selects three or more behaviors to monitor over time.	(0) Rarely: Student rarely or (does not) understands all five obesity prevention health behaviors and self-selects three or more behaviors to monitor over time. (1) Seldom: Student seldom understands all five obesity prevention	
7.11	Participates in competitive and cooperative activities that require the development of strategies and teamwork.	(0) Rarely: Student rarely (or cannot) participates in competitive and cooperative activities that require the development of strategies and teamwork. (1) Seldom: Student seldom participates in competitive and cooperative activities	
7.12	Demonstrates respect for differences, fair play, and sportsmanship in physical activity	(0) Rarely: Student rarely (or cannot) demonstrates respect for differences, fair play, and sportsmanship in physical activity settings.	