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<th>Rubric (Rating Scale)</th>
<th>Samples of Level 3 Performance (Meeting PE State Standards)</th>
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| 7.1| Demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities. | **(0) Rarely:** Student rarely (or cannot) demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.  
**(1) Seldom:** Student seldom demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.  
**(2) Sometimes:** Student sometimes demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.  
**(3) Consistently:** Student consistently demonstrates mature sport skill combinations competently with players in modified versions of individual/dual/team activities.  
**(4) Exceeds:** Student always demonstrates mature sport skill combinations competently and can assist (without prompting as appropriate). | **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. |
| 7.2| Performs a variety of multicultural dances and/or rhythmic activities competently (e.g., international folk dances, tininking, jump rope). | **(0) Rarely:** Student rarely (or cannot) performs a variety of multicultural dances and/or rhythmic activities competently.  
**(1) Seldom:** Student seldom performs a variety of multicultural dances and/or rhythmic activities competently.  
**(2) Sometimes:** Student sometimes performs a variety of multicultural dances and/or rhythmic activities competently.  
**(3) Consistently:** Student consistently performs a variety of multicultural dances and/or rhythmic activities competently.  
**(4) Exceeds:** Student always performs a variety of multicultural dances and/or rhythmic activities competently and can assist (without prompting as appropriate). | **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. |
| 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. |
| 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 applies rubrics. |
| 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. |
| 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 Scale (PES) levels (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) levels. |
| 7.9 | Describes and demonstrates a variety of training methods including, but not limited to isotonic, isometric, interval, and circuit methods. (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 health behaviors and self-selects three or more behaviors to monitor over time. |
| 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 that require the development of strategies and teamwork. |
| 7.12 | Demonstrates respect for differences, fair play, and sportsmanship in physical activity settings. (0) Rarely: Student rarely (or cannot) demonstrates respect for differences, fair play, and sportsmanship in physical activity settings. |