

HOLISTIC PERFORMANCE RUBRIC

GRADE: \_\_\_\_\_ CLASS: \_\_\_\_\_

<b>Proficient</b> 4	Consistently performs jumping/landing skills with control, using critical cues. Performs a variety of intermediate jump rope tricks (short and long rope). Creates and performs a partner/group routine. Conducts herself/himself safely and with consideration for others.
<b>Competent</b> 3	Performs skills with occasional errors in both form and outcome. Is able to competently perform basic jump rope skills. Demonstrates good effort when learning tricks and performing routines. Conducts herself/himself safely without disrupting the learning environment.
<b>Lacks Competence</b> 2	Performs skills with frequent errors in both form and outcome. Has difficulty performing basic jump rope skills. Cannot perform tricks. Cannot complete a routine. Occasionally creates unsafe situations.
<b>Well Below Competence</b> 1	Displays unsatisfactory effort. Often breaks safety rules and disrupts the learning environment.

	Score	Comments
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