

HOLISTIC PERFORMANCE RUBRIC

GRADE: _____ **CLASS:** _____

	Skill	Personal & Social Responsibility (PSR)
Proficient 4	Consistently and safely performs exercises with perfect form and pacing. Can apply the academic language of both health- and skill-related fitness during discussions with peers. Utilizes heart rate monitor technology effectively to measure and pace activity intensity. Correctly identifies the purpose and benefits of various exercises.	Conducts herself/himself safely and with consideration for others. Acts as a leader, communicating well, and working to help others improve.
Competent 3	Safely performs exercises with less than 3 corrections to form and pacing. Can apply the academic language of both health- and skill-related fitness during discussions with minor correction. Is motivated by the use of heart rate monitor technology and begins to use it to pace activity intensity. Can identify the benefits of exercise.	Conducts herself/himself safely without disrupting the learning environment.
Lacks Competence 2	Performs exercises with frequent errors in form. Has difficulty discussing various aspects of health- and skill-related fitness. Cannot identify the benefits of exercise	Occasionally creates unsafe situations
Well Below Competence 1	Displays unsatisfactory effort toward skill development.	Often breaks safety rules and disrupts learning for others.

Student Name	Skill	PSR	Comments
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