

|  |  |  |
| --- | --- | --- |
| **­** | **Score** | **Comments** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |
| 9. |  |  |
| 10. |  |  |
| 11. |  |  |
| 12. |  |  |
| 13. |  |  |
| 14. |  |  |
| 15. |  |  |
| 16. |  |  |
| 17. |  |  |
| 18. |  |  |
| 19. |  |  |
| 20. |  |  |
| 21. |  |  |
| 22. |  |  |
| 23. |  |  |
| 24. |  |  |

|  |  |
| --- | --- |
| Proficient  **4** | Consistently performs movement and locomotor skills with control and balance. Can identify 4 or more muscles. Responds immediately to teacher cues and instruction. Conducts herself/himself safely and with consideration for others. |
| Competent  **3** | Performs movements and locomotor skills with occasional errors. Executes skills with balance. Can identify 3 or more muscles. Quickly responds to teacher instruction. Conducts herself/himself safely without disrupting the learning environment. |
| Lacks  Competence  **2** | Performs skills with frequent errors and has difficulty maintaining balance. Can identify 2 or fewer muscles. Needs reminders before responding to teacher instruction. Occasionally creates unsafe situations. |
| Well Below Competence  **1** | Displays unsatisfactory effort toward skill development. Often breaks safety rules and disrupts the learning environment. |