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|  | **Skill** | **Personal & Social Responsibility (PSR)** |
| 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. |
| LacksCompetence**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. |

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| **Student Name** |  **Skill** | **PSR** | **Comments** |
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