

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. Identifies and explains how major muscles create movement. Identifies and explains how physical activity relates to body systems. Accurately and completely maintains a physical activity log.	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. Identifies major muscle groups as well as one or more body systems. Participates in discussion related to how muscles, bones, and body systems are affected by exercise/physical activity. Maintains a physical activity log.	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. Has difficulty identifying muscles and body systems. Cannot maintain an accurate physical activity log.	Occasionally creates unsafe situations
Well Below Competence 1	Displays unsatisfactory effort toward cognitive learning and skill development.	Often breaks safety rules and disrupts learning for others.

Student Name	Skill	PSR	Comments
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