

## HOLISTIC PERFORMANCE RUBRIC

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

<b>Proficient 4</b>	Consistently and safely demonstrates the skill and exercise form required to complete each OPEN Olympic activity. Consistently applies concepts and strategies related to movement in order to complete a variety of fitness- and skill-related tasks. Conducts herself/himself safely and with consideration for others. Acts as a leader, communicating well and working to help others improve. Recognizes the value of physical activity for health, challenge, and social interaction.
<b>Competent 3</b>	Performs activities and exercises with fewer than five corrections to form throughout the module. Can apply concepts and strategies related to movement. Conducts herself/himself safely without disrupting the learning environment. Recognizes the value of physical activity in at least one area (health, challenge, or social interaction).
<b>Lacks Competence 2</b>	Performs skills and exercises with frequent errors in form. Has difficulty applying concepts and strategies related to movement. Occasionally creates unsafe situations. Has difficulty interacting with others. Does not recognize the value of physical activity.
<b>Well Below Competence 1</b>	Displays unsatisfactory effort toward skill development. Often breaks safety rules and disrupts learning for others. Refuses to actively engage in physical activity settings.

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