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|  | **Skill** | **Personal & Social Responsibility (PSR)** |
| Proficient  **4** | 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. |
| Competent  **3** | 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). |
| Lacks  Competence  **2** | 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. |
| Well Below Competence  **1** | 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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| **Student Name** | **Skill** | **PSR** | **Comments** |
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