

## HOLISTIC PERFORMANCE RUBRIC

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

<b>Proficient 4</b>	Consistently and safely demonstrates the skill and exercise form required to complete each OPEN Paralympic 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 with teammates and working to help others improve. Recognizes the value of physical activity for health, challenge, and social interaction.
<b>Competent 3</b>	Performs skills with occasional errors in both form and outcome. Guides partner with accurate signals. Is able to throw with accuracy. Strikes safely with acceptable control. Performs activities and exercises correctly 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 skill with frequent errors in both form and outcome. Rarely displays control/accuracy. 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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