

GRADE: _____ CLASS: _____

	Skill	Personal & Social Responsibility (PSR)
Proficient 4	Runs with mature form. Knows and follows skill cues for posture as well as arm and leg movement. Sets running pace to maintain heart rate within the target zone. Demonstrates an understanding of perceived exertion.	Conducts herself/himself safely and with consideration for others. Sets challenging goals and works to reach those goals.
Competent 3	Is able to run with mature form. Knows and follows skill cues for posture as well as arm and leg movement with fewer than 3 errors per lesson. Adjusts running pace to maintain heart rate within the target zone. Demonstrates an understanding of perceived exertion.	Conducts herself/himself safely without disrupting the learning environment. Sets realistic goals and works toward improvement.
Lacks Competence 2	Runs with frequent errors in form. Has difficulty adjusting pace to maintain target heart rate. Has difficulty understanding perceived exertion.	Occasionally creates unsafe situations for self and others. Does not set realistic goals and lacks motivation to work to improve.
Well Below Competence 1	Displays unsatisfactory effort toward skill development.	Often breaks safety rules and disrupts learning for others. Does not participate in goal-setting activities.

Student Name	Skill	PSR	Comments
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