



HOLISTIC PERFORMANCE RUBRIC

GRADE: _____ CLASS: _____

Proficient 4	<p>Consistently and safely demonstrates agility and balance, using appropriate locomotor movements to complete each Ninja Warrior challenge. Consistently applies movement concepts in an obstacle course setting. Always follows exercise and safety cues while performing exercises and fitness activities. Conducts herself/himself safely and with consideration for others.</p>
Competent 3	<p>Demonstrates agility and balance, using appropriate locomotor movements with fewer than five corrections in form throughout the module. Demonstrates an understanding and application of movement concepts in an obstacle course setting. Follows exercise and safety cues while performing exercises and fitness activities. Conducts herself/himself safely without disrupting the learning environment.</p>
Lacks Competence 2	<p>Demonstrates fitness knowledge and skills with frequent errors. Rarely completes activity challenges and assignments with acceptable effort. Occasionally creates unsafe situations.</p>
Well Below Competence 1	<p>Displays unsatisfactory effort. Often breaks safety rules and disrupts the learning environment.</p>

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