

HOLISTIC DUAL PERFORMANCE RUBRIC

MIDDLE (6-8)

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. Demonstrates the ability to set a good running pace for completing 1-mile and 3K distances. 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. Works to find a good running pace but sometimes has to walk during longer distances. Discusses the definition 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. 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. Disrupts learning for others. Does not participate in some activities.

Student Name	Skill	PSR	Comments
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