



## HOLISTIC PERFORMANCE RUBRIC

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

<b>Proficient</b> 4	Consistently participates in all health-enhancing activities while following directions and using equipment and space safely. Consistently discusses the benefits of being physically active both in and outside of physical education class. Recognizes that the body responds to vigorous physical activity by increasing heart rate.
<b>Competent</b> 3	Participates in health-enhancing activities while following directions and using equipment and space safely with very few behavioral reminders. Discusses the benefits of being physically active. Recognizes that the body responds to vigorous physical activity by increasing heart rate.
<b>Lacks Competence</b> 2	Requires regular behavioral reminders. Attempts to, but has difficulty discussing the benefits of physical activity. Occasionally creates unsafe situations.
<b>Well Below Competence</b> 1	Displays unsatisfactory effort. Often breaks safety rules and disrupts the learning environment.

Student Name	Score	Comments