

Fair Lawn Public Schools

Physical Education K-5

*Developed in Collaboration By
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[PHYSICAL EDUCATION RUBRICS]

Assessment rubrics developed in collaboration by the district physical education teachers to uniformly evaluate our students' physical education development, based on the National Standards for K-12 Physical Education.

Fair Lawn Public Schools Physical Skills Rubric Kindergarten

The demonstration of pencil control, use of scissors, and use of manipulative may not be assessed by the physical education teacher.

	Secure (S)	Developing (D)	Needs Attention (N)
Hops	<p>Can successfully hop 7m on the left foot using correct technique.</p> <p>Can successfully hop 7m on the right foot using correct technique.</p> <p><i>*7m = Approx. 23 Feet</i></p>	<p>Can hop 7m on the left foot with minimal mistakes.</p> <p style="text-align: center;"><i>and/or</i></p> <p>Can hop 7m on the right foot with minimal mistakes.</p> <p style="text-align: center;"><i>and/or</i></p> <p>Can hop less than 7m on the right foot and the left foot with minimal mistakes.</p>	<p>Cannot successfully hop 7m on the left foot and 7m on the right foot.</p>
Bounces A Ball	<p>Can successfully bounce a ball with the left or right hand five times while standing still.</p>	<p>Can successfully bounce the ball with both hands</p> <p style="text-align: center;"><i>Or</i></p> <p>Can successfully bounce the ball with the left or right hand less than five times.</p>	<p>Cannot successfully bounce the ball with both hands.</p>
Skips	<p>Can successfully skip 7m using correct technique.</p>	<p>Can skip 7m with minimal mistakes.</p>	<p>Cannot successfully skip 7m.</p>
Gallops	<p>Can successfully gallop 7m using correct technique beginning with the left or the right foot.</p>	<p>Can gallop 7m with minimal mistakes.</p>	<p>Cannot successfully gallop 7m.</p>

Fair Lawn Public Schools Physical Education Grade 1 Rubric

Physical Education Grade 1	Secure (S)	Developing (D)	Needs Attention (N)
Comes Prepared and Actively Participates In Class Activities	Comes prepared for class and consistently participates.	Unprepared for class twice <u>and/or</u> participates with minimal encouragement.	Unprepared for class three or more times <u>and/or</u> needs frequent encouragement to participate.
Demonstrates An Understanding of Fitness Concepts & Motor Skills	<p>Consistently and correctly performs locomotor skills such as jumping, skipping, walking, galloping, marching, and jogging.</p> <p>Consistently and correctly performs object-control skills such as throwing, catching, and kicking.</p>	Performs locomotor <u>and/or</u> object-control skills with minimal corrections.	Performs locomotor <u>and/or</u> object-control skills with frequent corrections.
Demonstrates Characteristics of Good Sportsmanship	Consistently shows respect for classmates and teachers and acts in a safe manner.	Shows respect for classmates and teachers and acts in a safe manner with minimal reminders by the teacher.	Needs frequent reminders from the teacher to act in a safe and respectful manner.

Fair Lawn Public Schools Physical Education Grade 2 Rubric

Physical Education Grade 2	Secure (S)	Developing (D)	Needs Attention (N)
Comes Prepared and Actively Participates In Class Activities	Comes prepared for class and consistently participates.	Unprepared for class twice <u>and/or</u> participates with minimal encouragement.	Unprepared for class three or more times <u>and/or</u> needs frequent encouragement to participate.
Demonstrates An Understanding of Fitness Concepts & Motor Skills	<p>Consistently and correctly performs locomotor skills such as jumping, skipping, walking, galloping, marching, and jogging.</p> <p>Consistently and correctly performs object-control skills such as throwing, catching, and kicking.</p>	Performs locomotor <u>and/or</u> object-control skills with minimal corrections.	Performs locomotor <u>and/or</u> object-control skills with frequent corrections.
Demonstrates Characteristics of Good Sportsmanship	Consistently shows respect for classmates and teachers and acts in a safe manner.	Shows respect for classmates and teachers and acts in a safe manner with minimal reminders by the teacher.	Needs frequent reminders from the teacher to act in a safe and respectful manner.

Fair Lawn Public Schools Physical Education Grade 3 Rubric

Physical Education Grade 3	Strength (3)	Satisfactory (2)	Needs Improvement (1)
Comes Prepared and Actively Participates In Class Activities	Comes prepared for class and consistently participates.	Unprepared for class twice <u>and/or</u> participates with minimal encouragement.	Unprepared for class three or more times <u>and/or</u> needs frequent encouragement to participate.
Demonstrates An Understanding of Fitness Concepts & Motor Skills	<p>Consistently execute skills during individual and group activities, lead up games and team sports.</p> <p>Can explain, apply, demonstrate or perform the four components of fitness (cardiovascular, muscular strength, endurance, and flexibility).</p>	<p>Execute skills during individual and group activities, lead up games and team sports with minimal corrections.</p> <p><i>and/or</i></p> <p>Can explain, apply, demonstrate or perform the four components of fitness with minimal teacher intervention.</p>	<p>Execute these skills with frequent teacher intervention.</p> <p><i>and/or</i></p> <p>Can explain, apply, demonstrate, or perform the components of fitness with frequent teacher intervention.</p>
Demonstrates Characteristics of Good Sportsmanship	Consistently acts in a safe, honest, and respectful manner.	Acts in a safe, honest and respectful manner with minimal reminders by the teacher.	Needs frequent teacher intervention regarding safety, honesty or respect.

Fair Lawn Public Schools Physical Education Grade 4 Rubric

Physical Education Grade 4	Strength (3)	Satisfactory (2)	Needs Improvement (1)
Comes Prepared and Actively Participates In Class Activities	Comes prepared for class and consistently participates.	Unprepared for class twice <u>and/or</u> participates with minimal encouragement.	Unprepared for class three or more times <u>and/or</u> needs frequent encouragement to participate.
Demonstrates An Understanding of Fitness Concepts & Motor Skills	<p>Consistently execute skills during individual and group activities, lead up games and team sports.</p> <p>Can explain, apply, demonstrate or perform the four components of fitness (cardiovascular, muscular strength, endurance, and flexibility).</p>	<p>Execute skills during individual and group activities, lead up games and team sports with minimal corrections.</p> <p><i>and/or</i></p> <p>Can explain, apply, demonstrate or perform the four components of fitness with minimal teacher intervention.</p>	<p>Execute these skills with frequent teacher intervention.</p> <p><i>and/or</i></p> <p>Can explain, apply, demonstrate, or perform the components of fitness with frequent teacher intervention.</p>
Demonstrates Characteristics of Good Sportsmanship	Consistently acts in a safe, honest, and respectful manner.	Acts in a safe, honest and respectful manner with minimal reminders by the teacher.	Needs frequent teacher intervention regarding safety, honesty or respect.

Fair Lawn Public Schools Physical Education Grade 5 Rubric

Physical Education Grade 5	Strength (3)	Satisfactory (2)	Needs Improvement (1)
Comes Prepared and Actively Participates In Class Activities	Comes prepared for class and consistently participates.	Unprepared for class twice <u>and/or</u> participates with minimal encouragement.	Unprepared for class three or more times <u>and/or</u> needs frequent encouragement to participate.
Demonstrates An Understanding of Fitness Concepts & Motor Skills	<p>Consistently execute skills during individual and group activities, lead up games and team sports.</p> <p>Can explain, apply, demonstrate or perform the four components of fitness (cardiovascular, muscular strength, endurance, and flexibility).</p> <p>Consistently demonstrate knowledge of rules, positions and strategies.</p>	<p>Execute skills during individual and group activities, lead up games and team sports with minimal corrections.</p> <p><i>and/or</i></p> <p>Can explain, apply, demonstrate or perform the four components of fitness with minimal teacher intervention.</p> <p><i>and/or</i></p> <p>Needs minimal corrections regarding rules, positions, and strategies.</p>	<p>Execute these skills with frequent teacher intervention.</p> <p><i>and/or</i></p> <p>Can explain, apply, demonstrate, or perform the components of fitness with frequent teacher intervention.</p> <p><i>and/or</i></p> <p>Needs frequent reminders about the rules, positions, and strategies.</p>
Demonstrates Characteristics of Good Sportsmanship	Consistently acts in a safe manner, encourages classmates, is honest and respectful and accepts feedback.	Acts safely, encourages classmates, is honest and respectful, and accepts feedback with minimal encouragement.	Frequent intervention is needed by the teacher to achieve these characteristics of good sportsmanship.