

Preston Middle School

Physical Education Work Habits Rubric

Expectation

Prepared for Class:

What Pumas Do...

I am prepared for class

I am on-time to class and dressed out

I bring PE clothes

I am dressed out and ready to participate
5 minutes after the bell

Participate & Productive in class:

I am involved in all activities

I am moving and trying

I am reaching target heart rate

Safety:

I play by the rules and avoid unsafe
situations

I am aware that everyone has different
strengths and can compete with others in a
safe way

I strive to make the gym a safe place for
EVERYONE

Positive Sportsmanship/ Spirit of the Game:

I have a positive attitude

I am demonstrating S.O.T.G.

I am treating classmates, teachers and
equipment with respect

I help with equipment

I help my classmates

I am encouraging others

I am honest