

FITNESS AND PHYSICAL ACTIVITY RUBRIC

Name: _____ **Class:** _____ **Grade 7-8**

Overall Expectations: A1/2/3 – participate actively and regularly in a wide variety of physical activities; apply physical fitness concepts and practices that contribute to healthy, active living; demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.				
Specific Expectations: A1.1 – actively participate in a wide variety of program activities, according to their capabilities, while applying behaviours that enhance their readiness and ability to take part in all aspects of the program. A2.1 – participate in sustained moderate to vigorous physical activity, with appropriate warm-up and cool-down activities, to the best of their ability for a minimum of twenty minutes each day. A2.3 – assess their level of health-related fitness during various physical activities and monitor changes in fitness levels over time.				

SUCCESS CRITERIA	Level 1 (Limited)	Level 2 (Some)	Level 3 (Considerable)	Level 4 (High Degree)
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LIVING SKILLS: _____

APPLICATION Personal Skills: 1.1 Self-Monitoring <ul style="list-style-type: none"> I can identify personal strengths. I can identify personal areas of need. I can take responsibility for my actions. I can monitor my own progress. APPLICATION Personal/Interpersonal Skills: Attitude	The student applies knowledge and skills in familiar contexts with limited effectiveness. Expresses disinterest in activity while participating in a wide variety of fitness and physical activities.	The student applies knowledge and skills in familiar contexts with some effectiveness. Displays an indifferent attitude while participating in a wide variety of fitness and physical activities.	The student applies knowledge and skills in familiar contexts with considerable effectiveness. Displays a positive attitude while participating in a wide variety of fitness and physical activities.	The student applies knowledge and skills in familiar contexts with a high degree of effectiveness. Displays a positive attitude and enthusiasm while participating in a wide variety of fitness and physical activities.
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ACTIVE LIVING:

APPLICATION A1.1, A1.2 Active Participation <ul style="list-style-type: none"> I can demonstrate readiness and ability to take part. I can participate actively in all physical activities. I can participate in sustained moderate to vigorous physical activity. 	Participates only when encouraged and rarely applies fitness concepts.	Participates when interested and at times applies fitness concepts.	Participates fully in activity and applies fitness concepts.	Eagerly engages in activity and applies fitness concepts to help lead the group in lesson goals.
APPLICATION A3.1 Safety <ul style="list-style-type: none"> I can monitor my own actions to ensure safety. I can apply safety rules and safety procedures while participating in a variety of physical activities. 	Rarely, if ever, considers the well-being and safety of others, but sometimes follows safe practices.	Usually considers the well-being and safety of others, and usually follows safe practices.	Considers the well-being and safety of others, and frequently follows safe practices.	Considers the well-being and safety of others, and consistently follows safe practices.
THINKING A2.3 Assess Personal Fitness (Short term goals) <ul style="list-style-type: none"> I can assess my level of health-related fitness during various physical activities and monitor changes in fitness levels over time (short term) 	The student uses processing skills with limited effectiveness.	The student uses processing skills with some effectiveness.	The students use processing skills with considerable effectiveness.	The students use processing skills with a high degree of effectiveness.

Comments:

Overall: 1 2 3 4 Percent:
