

Naperville Central Physical Education

ACTIVITY RUBRIC

Name: _____

You will be assessed in each category by using a 1-4 rating scale as shown above. Your score for the physical education activity will be the sum of the 8 categories, and is out of 32pts.

	ONE	TWO	THREE	FOUR	SCORE
POSITIONING	Frequently flat footed, waits for play or is not aware of upcoming plays.	Occasionally uses correct position. Often waits for play.	Demonstrates correct positioning on offense and defense. Anticipates play.	Demonstrates use of strategies during game play while maintaining a high level of intensity.	
SKILL MECHANICS	Avoids using skills.	Occasionally exhibits proper skill mechanics.	Frequently uses proper skill mechanics.	Demonstrates proper skill mechanics consistently.	
RULES	Does not adhere to rules.	Occasionally adheres to rules.	Usually adheres to rules.	Adheres to rules on a regular basis.	
TEAM PLAY	Demonstrates poor sportsmanship &/ or teamwork skills.	Shows little tendency towards sportsmanship &/ or teamwork skills.	Cooperates with teammates and demonstrates good sportsmanship.	Organizes teammates toward a positive common goal.	
SAFETY	Unsafe behavior, improper use of equipment.	Demonstrates limited caution, uses equipment properly aware of other	Demonstrates caution, uses equipment properly aware of other	Demonstrates extreme caution, uses equipment properly aware of	
ATTITUDE	Unwilling to participate in class activities.	Occasionally participates in class activities.	Frequently participates in class activities.	Demonstrates participates in class activities by smiling often and good sportsper-	
ENTHUSIASM	No enthusiasm at all, or lack of cooperation.	Very little enthusiasm with negative attitude towards activity.	Moderate enthusiasm.	Maximum Enthusiasm, to the max!	
HELPING	Demonstrates poor teamwork, & helping skills.	Shows little tendency towards teamwork, & helping skills.	Cooperates with teammates and demonstrates helping skills	Organizes teammates toward a positive common goal with teamwork, & helping	

BRAIN RESEARCH AT HARVARD HAS PROVEN EXERCISE IS THE ONLY WAY TO GROW NEW BRAIN CELLS. THEREFORE "EXERCISE IS LIKE MIRACLE GROW FOR THE BRAIN!"

DR. JOHN RATEY HARVARD PROFESSOR