

Grade 7: Beginning Team Sports Rubric

Standard Assessed	Exemplary	Proficient	Emerging	Needs Development
<p>Standard G7.1.1 Demonstrate the correct technique for a variety of locomotor skills (e.g., sliding, galloping and hopping in small group activities). □</p> <p>G7.1.2 Demonstrate the correct technique for non-locomotor skills (e.g., stretching, bending, twisting during small group activity or dance).</p>	Clearly knows all techniques and applies them during game play and activities consistently and correctly.	Shows evidence of knowing techniques, applying them appropriately.	Shows evidence of knowing techniques, but makes errors.	Student is unfamiliar with techniques, depending on opponent or partner, teammate or teacher for help.
<p>Standard G7.2.3 Understand how moving to open space and gaining position can benefit performance in a variety of game situations.</p>	Anticipates next move and moves into correct position throughout the game without being prompted.	Frequently in position to make a play and can anticipate opponents' move	Frequently out of position during competition.	Student not in position during competition.
<p>Standard G7.2.2 Perform skills in an increasingly complex environment (e.g., from dribbling to dribbling on the run, from throwing football from a stationary to a moving target, hitting a stationary hockey puck to hitting a moving puck).</p>	Student executes all skills taught with correct form, using them at appropriate times.	Student executes most skills taught, usually with correct form and at appropriate times.	Student uses 1-2l skills taught, but not necessarily at the appropriate time.	Incorrect form causes ineffective play.
<p>□ Standard G7.3.4 Explain the components and principles of health-related fitness</p> <p>□ Standard G7.3.5 Identify activities that participation in can improve each component in health-related fitness (e.g., strength, muscular endurance, cardiovascular endurance, flexibility).</p>	Clearly knows components and principles of health fitness and applies it appropriately during activities and games	Shows evidence of knowing components and principles and applies them appropriately	Shows evidence of knowing components and principles, but makes errors.	Student is unfamiliar with components and principles of health related fitness..
<p>Standard G7.3.7 Explore a variety of new physical activities during physical education class that encourage personal interest outside of class.</p>	Always prepared for activities and participates with a high level of engagement and active participation.	Usually prepared for activities and willingly participates.	Inconsistent participation, partially prepared for class or tardy.	Not prepared for class or neglects to participate in activities.