

**Sandwich High School Wide Rubric**  
**Academic Expectation: Develop Physical Skills**

<b>Performance Indicator</b>	<b>Exceeds Expectation</b>	<b>Meets Expectation</b>	<b>Working Toward Expectation</b>	<b>Has Not Met Expectation</b>	<b>Student Reflection</b>	<b>Teacher Reflection</b>
<b>Knowledge of Wellness</b>	Student understands the importance of physical wellness and safety, consistently demonstrates excellent wellness decisions.	Student understands the importance of physical wellness and safety, and sometimes demonstrates good wellness decisions.	Student somewhat understands the importance of physical wellness and safety, and sometimes demonstrates good wellness decisions.	Student does not understand the importance of physical wellness and safety, and does not demonstrate good wellness decisions.	Exceeds Meets Working Has Not Met No Evidence	Exceeds Meets Working Has Not Met No Evidence
<b>Skills</b>	Demonstrates excellent understanding of physical skills and strategies. Intense practice produces growth in skill/strategy development.	Demonstrates basic physical skills and strategies with ease. Shows good skill/strategy improvement.	Performs most physical skills and strategies at an introductory level. Demonstrates satisfactory understanding of physical skill concepts.	Demonstrates inadequate physical skills with little or no development. Displays poor understanding of basic physical skills and strategy.	Exceeds Meets Working Has Not Met No Evidence	Exceeds Meets Working Has Not Met No Evidence
<b>Attendance/ Preparation</b>	Excellent attendance, always on time and prepared for class.	Good attendance, always on time, prepared for daily activity.	Fair attendance, frequently tardy, inconsistently prepared for class.	Seldom prepared for class, often late or absent from class.	Exceeds Meets Working Has Not Met No Evidence	Exceeds Meets Working Has Not Met No Evidence
<b>Participation</b>	Gives top effort daily, models a high level of participation, self motivated, encourages others.	Consistent daily effort, good level of participation, displays quality movement, stays on task.	Needs some reminders to participate, puts forth minimal effort, contributes little.	Poor effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation.	Exceeds Meets Working Has Not Met No Evidence	Exceeds Meets Working Has Not Met No Evidence
<b>Attitude/ Cooperation</b>	Respectful of all classmates, helps others when needed, follows safety rules, and models self-control.	Supportive of all students in class, follows directions, active listener, follows safety rules, stays on task during activity.	Needs some reminders to: listen and follow directions, to follow safety rules, and to stay on task during activity	Needs constant reminders to stay on task and follow directions. Talks during directions, ignores safety rules, argues with others during activity, negative comments directed towards others.	Exceeds Meets Working Has Not Met No Evidence	Exceeds Meets Working Has Not Met No Evidence