

Rochester City School District
1st Grade

Physical Education Performance Based Rubric

Skill	Level 1 Below Proficiency: In Skill for this Grade Level 1 Point	Level 2 Partial Proficiency: In Skill for this Grade Level 2 Points	Level 3 Proficient: In Skill for this Grade Level 3 Points	Level 4 Excels: In Skill for this Grade Level 4 Points
Skipping (90 Feet Distance)	<ul style="list-style-type: none"> -Attempts a rhythmical repetition of the step-hop on alternate feet -Arms do not move in opposition -Exaggerated gallop for many steps 	<ul style="list-style-type: none"> -Rhythmical repetition of the step-hop on alternate feet -Arms move in opposition to legs, but arms are stiff -Lands flat footed 	<ul style="list-style-type: none"> -Rhythmical repetition of the step-hop on alternate feet -Arms move in opposition to legs, hip flexion is erratic -Exaggerated slightly awkward airborne hopping pattern -Lands on balls of feet 	<ul style="list-style-type: none"> -Rhythmical repetition of the step-hop on alternate feet -Arms move in opposition to legs, hip flexion is evident -Transfers weight evenly -Lands on balls of feet
Galloping (90 Feet Distance)	<ul style="list-style-type: none"> -Gallops flat footed -Stride is not fluid -Arms do not swing in rhythm with stride 	<ul style="list-style-type: none"> -Gallops flat footed -Gallops with feet shoulder-width or farther apart -Holding arms bent above waist 	<ul style="list-style-type: none"> -Gallops with rocking motion -Gallops with knees slightly bent and arm swinging at waist level -Lands on heels in slightly awkward rocking motion 	<ul style="list-style-type: none"> -Gallops with long strides -Starting with same foot, swings arms in opposition -Makes smooth integrated movements

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Hopping 1 Foot (20 Feet Distance)	<ul style="list-style-type: none"> -Attempts to take-off from one foot and land on same foot -Minimal balance -Can only hop on dominant foot, minimal times 	<ul style="list-style-type: none"> -Hops with slight knee bend, minimal balance -Bends suspended knee at less than 90-degree angle -Moves arms excessively and awkwardly 	<ul style="list-style-type: none"> -Hopping with full knee bend, coordinated arm movements, knee bent at 90-degree angle in front of body -Arms bent at elbow and swing forward on take off -Able to hop on either foot -Absorbs force with bent knee and lands on ball of foot 	<ul style="list-style-type: none"> -Hopping with full knee bend, coordinated arm movements, knee bent at 90-degree angle behind body -Able to hop on either foot -Hops in smooth integrated pattern, absorbs force with bent knee -Lands on ball of foot, bends elbows and swings arms when moving
Jumping 2 Feet (20 Feet Distance)	<ul style="list-style-type: none"> -Takes off and lands more vertically than horizontal -Uneven landing, off balance 	<ul style="list-style-type: none"> -Jumps upward with uneven landing -Swings arms down and back -Jumps more upward than forward, moving legs in front of trunk -Lands awkwardly with one foot in front of other 	<ul style="list-style-type: none"> -Jumping forward with arms and legs uncoordinated -Swings arms and bends knees -Jumps more forward than upward, moving arms and legs in slightly awkward, uncoordinated fashion -Lands on both feet simultaneously 	<ul style="list-style-type: none"> -Jumping forward with arms and legs coordinated -Swings arms back and then up above head, extending body fully -Bends knees and then straightens legs at take off -Lands with feet ahead of body