

Rochester City School District
2nd 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 Exceeds: In Skill for this Grade Level 4 Points |
|-------------------------------|---|---|--|--|
| Sliding (20 Feet Distance) | <ul style="list-style-type: none"> -Attempts to have body turned sideways with step to side -However student appears to gallop | <ul style="list-style-type: none"> -Body turned sideways, slides with long strides, a step followed by a slide of the trailing foot to a point next to lead foot. -Both feet leaving floor is not evident | <ul style="list-style-type: none"> -Body turned sideways, slides with long strides, a step followed by a slide of the trailing foot to a point next to lead foot, can travel both ways -Short period where both feet leave the floor -Lands on heels in slightly awkward motion, flatfooted | <ul style="list-style-type: none"> -Body turned sideways, slides with long strides, a step followed by a slide of the trailing foot to a point next to lead foot, can travel both ways -Short period where both feet leave the floor -Makes smooth integrated movements, on balls of the feet |
| Leaping (20 Feet Distance) | <ul style="list-style-type: none"> -Attempts to take off from one foot and land on opposite foot -Brief period when both feet leave floor -Leg extension not evident | <ul style="list-style-type: none"> -Take off from one foot and land on opposite foot, brief period when both feet leave the ground (longer than running) -Leg extension varies | <ul style="list-style-type: none"> -Take off from one foot and land on opposite foot, brief period when both feet leave the ground (longer than running) -Forward reach with arm opposite lead foot -Leg extension usually apparent -Absorbs force with bent knee | <ul style="list-style-type: none"> -Take off from one foot and land on opposite foot, brief period when both feet leave the ground (longer than running) -Forward reach with arm opposite lead foot -Leg extension apparent -Absorbs force with bent knee |

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|--------------------------------------|---|--|---|---|
| Overhand Throwing (10 Feet Distance) | <ul style="list-style-type: none"> -Unsure of dominant hand -No step during throw -Over hand motion not present | <ul style="list-style-type: none"> -Throw resembles a push of the ball -No step in opposition or weight transfer -Not sure where the ball will go | <ul style="list-style-type: none"> -Body rotation, side to target and weight transfer -Wind up, release of ball with follow through and step in opposition inconsistent | <ul style="list-style-type: none"> -Hip/shoulder rotation, side to target, weight transfer, stepping in opposition -Wind up apparent -Follow through across body |
| Kicking (10 Feet Distance) | <ul style="list-style-type: none"> -Has difficulty striking the ball with instep or laces -Cannot hit target or shoot ball in goal -Does not correctly plant opposite foot | <ul style="list-style-type: none"> -Sometimes strikes the ball with laces or instep -Kicks ball on goal or hits target, but is inconsistent -Forgets to plant foot towards target or goal | <ul style="list-style-type: none"> -Strikes the ball with laces or instep -Kicks ball on goal or hits target -Points plant foot towards target or goal | <ul style="list-style-type: none"> -Strikes the ball with laces or instep -Kicks ball on goal or hits target -Points plant foot towards target or goal |