

Rochester City School District
3rd 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
Kicking (20 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
Trapping (20 Feet Distance)	<ul style="list-style-type: none"> -Does not receive ball with instep or sole of foot -Cannot pass with both feet 	<ul style="list-style-type: none"> -Sometimes receives the ball with instep or sole of foot -Cannot pass with both feet 	<ul style="list-style-type: none"> -Receives the ball with instep or sole of foot -Receives with both feet 	<ul style="list-style-type: none"> -Receives the ball with instep or sole of foot -Receives with both feet
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

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Two Handed Catching (10 Feet Distance)	<ul style="list-style-type: none"> -Tracking object with eyes not evident -Lacks movement to catching space -Hands sometimes prepare to receive object, but rarely able to close hands around object and pull to self 	<ul style="list-style-type: none"> -Eyes sometimes track object being thrown -Movement to catching space not evident -Hands prepare but only sometimes close around object and pull to self 	<ul style="list-style-type: none"> -Eyes track object being thrown, hands in proper position, with arms extended -Usually moves to space to prepare to catch object -Usually able to close hands around object and pull to self 	<ul style="list-style-type: none"> -Eyes track object being thrown, hands in proper position, with arms extended ready to receive object -Moves to space to prepare to catch object -Able to close hands around object and pull to self