

Rochester City School District

5th Grade

Physical Education Performance Based Rubric

Skill	Target Size	Target Height	Distance From Target	Completed Attempts
Trapping	N/A	N/A	6 Feet	3/5
Overhand Throwing	3 feet x 3 feet	4 feet x 5 feet	12 feet	3/5
Kicking	3 feet x 3 feet	Floor	12 feet	3/5
Two Handed Catch	6 inch ball	8 feet to 10 feet throw	N/A	3/5

Trapping a Ball With Foot

Students will kick a ball off a wall and then trap the rebounded ball with their foot using proper technique.

Overhand Throwing at Target

Students will overhand throw a 3" to 4" ball at a designated target from a designated distance using proper technique.

Kicking at Target

Students will kick a standard soccer ball to a designated target from a designated distance using proper technique.

Two Handed Catch

Students will self-toss a ball above their head in a given height range and catch the ball using proper technique.

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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
Trapping (8 feet from target)	- 0 out of 5 -Does not receive ball with instep or sole of foot -Cannot receive with both feet	- 1 out of 5 -Sometimes receives the ball with instep or sole of foot -Cannot receive with both feet	- 2 out of 5 -Receives the ball with instep or sole of foot -Receives with both feet	-3 out of 5 -Receives the ball with instep or sole of foot -Receives with both feet
Overhand Throwing (10 feet from target)	- 0 out of 5 -Lacks evidence of any step towards target, feet remain stationary -May look, however, does not point throwing hand at target -Throwing arm passes in front of body	- 1 out of 5 -Step in opposition not evident, steps forward with foot on same side as throwing arm -Lacks shoulder rotation, side to target -Looks and points at target	- 2 out of 5 -Throwing ball overhand, while stepping forward on opposite side, rotates shoulders -Throws ball with hand passing above shoulder, side to target -Looks and points throwing hand to target	-3 out of 5 -Throwing ball overhand, while stepping forward on opposite side, rotates shoulders -Throws ball with hand passing above shoulder, side to target -Looks and points throwing hand to target, follows through with throwing arm

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Kicking (10 feet from target)	<ul style="list-style-type: none"> - 0 out of 5 -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"> - 1 out of 5 -Sometimes strikes the ball with laces or instep -Kicks ball on goal or hits target, but is inconsistent -Forgets to points plant foot towards target or goal 	<ul style="list-style-type: none"> - 2 out of 5 -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"> -3 out of 5 -Strikes the ball with laces or instep -Kicks ball on goal or hits target -Points plant foot towards target or goal
Two Handed Catch (Throw needs to be 8 to 10 feet in the air)	<ul style="list-style-type: none"> - 0 out of 5 -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"> - 1 out of 5 -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"> - 2 out of 5 -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"> -3 out of 5 -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