

Rochester City School District

6<sup>th</sup> Grade

Physical Education Performance Based Rubric

Skill	Target Size	Target Height	Distance From Target	Completed Attempts
Trapping	N/A	N/A	5 Feet	3/5
Overhand Throwing	3 feet x 3 feet	4 feet x 5 feet	14 feet	3/5
Kicking	3 feet x 3 feet	Floor	14 feet	3/5
Two Handed Catch	4 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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<b>Skill</b>	<b>Level 1 Below Proficiency: In Skill for this Grade Level 1 Point</b>	<b>Level 2 Partial Proficiency: In Skill for this Grade Level 2 Points</b>	<b>Level 3 Proficient: In Skill for this Grade Level 3 Points</b>	<b>Level 4 Excels: In Skill for this Grade Level 4 Points</b>
Trapping (8 feet from target)	<ul style="list-style-type: none"> <li>- 0 out of 5</li> <li>-Does not receive ball with instep or sole of foot</li> <li>-Cannot receive with both feet</li> </ul>	<ul style="list-style-type: none"> <li>- 1 out of 5</li> <li>-Sometimes receives the ball with instep or sole of foot</li> <li>-Cannot receive with both feet</li> </ul>	<ul style="list-style-type: none"> <li>- 2 out of 5</li> <li>-Receives the ball with instep or sole of foot</li> <li>-Receives with both feet</li> </ul>	<ul style="list-style-type: none"> <li>-3 out of 5</li> <li>-Receives the ball with instep or sole of foot</li> <li>-Receives with both feet</li> </ul>
Throwing (10 feet from target)	<ul style="list-style-type: none"> <li>- 0 out of 5</li> <li>-Lacks evidence of any step towards target, feet remain stationary</li> <li>-May look, however, does not point throwing hand at target</li> <li>-Throwing arm passes in front of body</li> </ul>	<ul style="list-style-type: none"> <li>- 1 out of 5</li> <li>-Step in opposition not evident, steps forward with foot on same side as throwing arm</li> <li>-Lacks shoulder rotation, side to target</li> <li>-Looks and points at target</li> </ul>	<ul style="list-style-type: none"> <li>- 2 out of 5</li> <li>-Throwing ball overhand, while stepping forward on opposite side, rotates shoulders</li> <li>-Throws ball with hand passing above shoulder, side to target</li> <li>-Looks and points throwing hand to target</li> </ul>	<ul style="list-style-type: none"> <li>-3 out of 5</li> <li>-Throwing ball overhand, while stepping forward on opposite side, rotates shoulders</li> <li>-Throws ball with hand passing above shoulder, side to target</li> <li>-Looks and points throwing hand to target, follows through with throwing arm</li> </ul>

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Kicking (10 feet from target)	<ul style="list-style-type: none"> <li>- 0 out of 5</li> <li>-Has difficulty striking the ball with instep or laces</li> <li>-Cannot hit target or shoot ball in goal</li> <li>-Does not correctly plant opposite foot</li> </ul>	<ul style="list-style-type: none"> <li>- 1 out of 5</li> <li>-Sometimes strikes the ball with laces or instep</li> <li>-Kicks ball on goal or hits target, but is inconsistent</li> <li>-Forgets to points plant foot towards target or goal</li> </ul>	<ul style="list-style-type: none"> <li>- 2 out of 5</li> <li>-Strikes the ball with laces or instep</li> <li>-Kicks ball on goal or hits target</li> <li>-Points plant foot towards target or goal</li> </ul>	<ul style="list-style-type: none"> <li>-3 out of 5</li> <li>-Strikes the ball with laces or instep</li> <li>-Kicks ball on goal or hits target</li> <li>-Points plant foot towards target or goal</li> </ul>
Two Handed Catch (Throw needs to be 8 to 10 feet in the air)	<ul style="list-style-type: none"> <li>- 0 out of 5</li> <li>-Tracking object with eyes not evident</li> <li>-Lacks movement to catching space</li> <li>-Hands sometimes prepare to receive object, but rarely able to close hands around object and pull to self</li> </ul>	<ul style="list-style-type: none"> <li>- 1 out of 5</li> <li>-Eyes sometimes track object being thrown</li> <li>-Movement to catching space not evident</li> <li>-Hands prepare but only sometimes close around object and pull to self</li> </ul>	<ul style="list-style-type: none"> <li>- 2 out of 5</li> <li>-Eyes track object being thrown, hands in proper position, with arms extended</li> <li>-Usually moves to space to prepare to catch object</li> <li>-Usually able to close hands around object and pull to self</li> </ul>	<ul style="list-style-type: none"> <li>-3 out of 5</li> <li>-Eyes track object being thrown, hands in proper position, with arms extended ready to receive object</li> <li>-Moves to space to prepare to catch object</li> <li>-Able to close hands around object and pull to self</li> </ul>