

7 – 12 PHYSICAL EDUCATION BOYS PERFORMANCE BASED RUBRIC AND METRIC

SCORES	0	1	2	3	4	5	6	7	8	9	10
Boys Push-ups											
11	No effort	Hold Plank 5 sec	1	2-4	5-9	10-14	15-19	20-29	30-39	40-49	50
12	No effort	Hold Plank 5 sec	1	2-4	5-9	10-14	15-19	20-29	30-39	40-49	50
13	No effort	Hold Plank 5 sec	1	2-4	5-9	10-14	15-19	20-29	30-39	40-49	50
14	No effort	Hold Plank 5 sec	1	2-4	5-9	10-16	17-21	22-32	33-43	44-54	55+
15	No effort	Hold Plank 5 sec	1	2-4	5-9	10-16	17-21	22-32	33-43	44-54	55+
16+	No effort	Hold Plank 5 sec	1	2-4	5-9	10-19	20-29	30-39	40-49	50-59	60+
Boys Curls-ups											
11	No effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
12	No effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
13	No effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
14	No effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
15+	No effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
Boys Pacer											
11	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
12	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
13	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
14	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
15	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
16	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
17+	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
	No Effort	<10	11-22	23-33	34-44	45-55	56-66	67-77	78-88	89-99	100+
Sit & Reach											
11	No Effort	1	2	3	4	5	6	7	8	9	10+
12	No Effort	1	2	3	4	5	6	7	8	9	10+
13	No Effort	1	2	3	4	5	6	7	8	9	10+
14	No Effort	1	2	3	4	5	6	7	8	9	10+
15	No Effort	1	2	3	4	5	6	7	8	9	10+
16+	No Effort	1	2	3	4	5	6	7	8	9	10+
AVERAGE SCORCES	0.0 - 1.9		2.0 - 2.9	3.0 - 3.9	4.0 - 4.9	5.0 - 5.9	6.0 - 6.9	7.0 - 7.9	8.0 - 8.9	9.0 - 9.9	10
BASELINE LEVELS	LOW 1		MID 1	HIGH 1	LOW 2	MID 2	HIGH 2	LOW 3	MID 3	HIGH 3	4

7 – 12 PHYSICAL EDUCATION GIRLS PERFORMANCE BASED RUBRIC AND METRIC

SCORES	0	1	2	3	4	5	6	7	8	9	10
Girls Push-ups											
11	No Effort	Hold Plank 5 sec	Hold 90* plank - 5 sec	2	3-4	5-9	10-14	15-19	20-24	25-29	30+
12	No Effort	Hold Plank 5 sec	Hold 90* plank - 5 sec	2	3-4	5-9	10-14	15-19	20-24	25-29	30+
13	No Effort	Hold Plank 5 sec	Hold 90* plank - 5 sec	2	3-4	5-9	10-14	15-19	20-24	25-29	30+
14	No Effort	Hold Plank 5 sec	Hold 90* plank - 5 sec	2	3-4	5-9	10-14	15-19	20-24	25-29	30+
15	No Effort	Hold Plank 5 sec	Hold 90* plank - 5 sec	2	3-4	5-9	10-14	15-19	20-24	25-29	30+
16+	No Effort	Hold Plank 5 sec	Hold 90* plank - 5 sec	2	3-4	5-9	10-14	15-19	20-24	25-29	30+
Girls Curls-ups											
11	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
12	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
13	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
14	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
15+	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
Girls Pacer											
11	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
12	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
13	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
14	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
15	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
16	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
17+	No Effort	1	2-3	4-9	10-19	20-29	30-39	40-49	50-59	60-69	70+
Sit & Reach											
11	No Effort	1-3	4	5	6	7	8	9	10	11	12
12	No Effort	1-3	4	5	6	7	8	9	10	11	12
13	No Effort	1-3	4	5	6	7	8	9	10	11	12
14	No Effort	1-3	4	5	6	7	8	9	10	11	12
15	No Effort	1-3	4	5	6	7	8	9	10	11	12
16+	No Effort	1-3	4	5	6	7	8	9	10	11	12
AVG. SCORES	0.0 - 1.9		2.0 - 2.9	3.0 - 3.9	4.0 - 4.9	5.0 - 5.9	6.0 - 6.9	7.0 - 7.9	8.0 - 8.9	9.0 - 9.9	10
BASELINE LEVELS	LOW 1		MID 1	HIGH 1	LOW 2	MID 2	HIGH 2	LOW 3	MID 3	HIGH 3	4