

# San Tan Charter School Physical Education Rubric

## Primary

<b>4 Levels of Personal and Social Development</b>		
Level 0 <b>Falls far below</b>	Irresponsibility	Students do not participate and are totally unmotivated and undisciplined. They interrupt and intimidate other students and teachers. They make excuses and blame others for their behavior. Teacher finds it difficult to manage or accomplish much with these students.
Level 1 <b>Approaches</b>	Self-Control	Students at the self-control level can control themselves without the direct supervision of the teacher and do not infringe on the rights of other students or the teacher. They can begin to participate in class activities and enhance their learning.
Level 2 <b>Meets</b>	Involvement	Level 2 involves student self-control and desired involvement with the subject matter of fitness, skills, and games. Students are enthusiastically involved in the program without constant prompting or supervision of the teacher.
Level 3 <b>Exceeds</b>	Self-Responsibility	Students at Level 3 begin to identify their interests and start to make choices within the parameters of the program. Motivation and responsibility are characteristics of these students. They start to take more responsibility and explore options for their lives outside the program. This stage represents a start of their own identity.

# 4 Foundation Skills - Primary

## **Movement Concepts and Themes**

- space awareness
- direction
- level
- pathways
- planes

## **Motor Skills**

### **-Locomotor-**

- walking
- hopping
- jumping
- sliding
- running
- leaping
- skipping
- galloping

### **-Non Locomotor-**

- bends
- turning
- balancing
- pushing
- twisting
- rocking
- stretching
- pulling

## **Body Management Skills**

- strength
- balance
- agility
- flexibility
- coordination
- cardiovascular endurance

## **Manipulative Skills**

- striking
- throwing
- kicking
- dribbling
- volleying
- rolling
- trapping

## **Arizona Standards for K-12 Physical Education (Adopted May 2015)**

[www.azed.gov/standards-practices/physical-education-standards](http://www.azed.gov/standards-practices/physical-education-standards)

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

