

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL PF.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	Accurately and effortlessly performs skills and assessments in health-related and skill-related fitness activities.	Accurately and thoroughly explains skills, assessments, and benefits of health-related and skill-related fitness activities.	Participates safely and with consideration and support for others. Receptive to instruction and skill utilization by self and others.
Competent 3	Accurately performs skills and assessments in health-related and skill-related fitness activities.	Accurately explains skills, assessments, and benefits of health-related and skill-related fitness activities.	Participates safely and independently without disrupting the learning environment. Receptive to instruction and skill utilization.
Lacks Competence 2	Inaccurately or inconsistently performs skills and assessments in health-related or skill-related fitness activities.	Inaccurately explains skills, assessments, or benefits of health-related or skill-related fitness activities.	Participates with self-control under teacher's supervision. Receptive to instruction or skill utilization.
Well Below Competence 1	Inaccurately and inconsistently performs skills and assessments in health-related and skill-related fitness activities.	Inaccurately explains skills, assessments, and benefits of health-related and skill-related fitness activities.	Participation is minimal or unsafe and/or disrupts the learning environment. Indifferent to instruction and skill utilization.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL PF.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains the muscular and cardiovascular systems and the effects of physical activity on those systems.	N/A
Competent 3	N/A	Accurately explains the muscular and cardiovascular systems and the effects of physical activity on those systems.	N/A
Lacks Competence 2	N/A	Inaccurately explains the muscular or the cardiovascular system or the effects of physical activity on those systems.	N/A
Well Below Competence 1	N/A	Inaccurately explains the muscular and cardiovascular systems and the effects of physical activity on those systems.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL PF.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly designs, evaluates, and adjusts skill-related and health-related fitness plans, products, and services that utilize technology.	N/A
Competent 3	N/A	Accurately designs, evaluates, and adjusts skill-related and health-related fitness plans, products, and services that utilize technology.	N/A
Lacks Competence 2	N/A	Inaccurately designs, evaluates, or adjusts skill-related or health-related fitness plans, products, or services that may utilize technology.	N/A
Well Below Competence 1	N/A	Inaccurately designs, evaluates, and adjusts skill-related and health-related fitness plans.	N/A

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL PF.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains appropriate social and inclusive behavior for physical activity.	Describes and demonstrates safe and appropriate social and inclusive behavior in physical activity settings.
Competent 3	N/A	Accurately explains appropriate social and inclusive behavior for physical activity.	Describes and demonstrates safe and appropriate social and inclusive behavior in physical activity settings without disrupting the learning environment.
Lacks Competence 2	N/A	Inaccurately explains appropriate social or inclusive behavior for physical activity.	Describes and demonstrates safe and appropriate social and inclusive behavior in physical activity settings only under teacher's supervision.
Well Below Competence 1	N/A	Inaccurately explains appropriate social and inclusive behavior for physical activity.	Fails to demonstrate safe and appropriate social and inclusive behavior in physical activity settings. Participation is minimal or unsafe and/or disrupts the learning environment.

HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL PF.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains and evaluates the effects of nutrition, activity, and supplements on energy balance.	N/A
Competent 3	N/A	Accurately explains and evaluates the effects of nutrition, activity, and supplements on energy balance.	N/A
Lacks Competence 2	N/A	Inaccurately explains or evaluates the effects of nutrition, activity, or supplements on energy balance.	N/A
Well Below Competence 1	N/A	Inaccurately explains and evaluates the effects of nutrition, activity, and supplements on energy balance.	N/A