

STUDENT NAME: _____ TEACHER: _____

ASSIGNMENT: _____

Rubric: NPMS Physical Education

<u>WARM-UP</u>	<u>ACTIVITY</u> Weekly Grade (80 Total Points)		
<u>Warm-Up</u> <u>(16 pts.)</u>	<u>Effort</u> <u>(32 pts.)</u>	<u>Behavior/Attitude</u> <u>(16 pts.)</u>	<u>Skills Development</u> <u>(16 pts.)</u>
<p>Performs and participates to the best of their ability. Follows all instructions and completes the warm-up in its entirety at a maximum effort level.</p> <p style="text-align: center;"><u>12-16 pts</u></p>	<p>Consistently gave maximum effort during activities. Executed drills, team-work, conditioning, and weight room work (if applicable) thoroughly every day. Participates with appropriate intensity day in and day out.</p> <p style="text-align: center;"><u>28-32 pts</u></p>	<p>Always a positive classmate. Vocal in support of others. Exhibited consistent positive influence on classmates' efforts. Approached challenges with a "can-do" attitude.</p> <p style="text-align: center;"><u>12-16 pts</u></p>	<p>Consistent improvement in practicing, performance, and ability throughout the unit. Clear improvement from the start of the unit in form and mechanics through a focused and diligent attempt at self-improvement.</p> <p style="text-align: center;"><u>12-16 pts</u></p>
<p>Generally performs and participates to the best of their ability, with periods of time where warm-up work is below potential. Follows instructions and completes the warm-up.</p> <p style="text-align: center;"><u>8-12 pts</u></p>	<p>Efforts during activities were often appropriate, but occasionally may have had moments of working slightly below potential. Drills, teamwork, conditioning, or weight training may have been rushed, inconsistent, or substandard on occasion. Activity effort level was inconsistent from day to day.</p> <p style="text-align: center;"><u>22-28 pts</u></p>	<p>Usually a positive classmate, with a few exceptions. Behavior may have occasionally undermined (unintentionally) the success of classmates. Challenges usually faced positively.</p> <p style="text-align: center;"><u>10-12 pts</u></p>	<p>Overall improvement in practicing, performance, and ability, from start to end of the week. Some plateaus or backslides may have occurred. Some improvement in form and mechanics.</p> <p style="text-align: center;"><u>10-12 pts</u></p>
<p>Rarely, if ever, performs and participates, follows instructions or completes the warm-up.</p> <p style="text-align: center;"><u>0-8 pts</u></p>	<p>Effort may have often been lacking during activities or even games/matches. Drills, teamwork, and/or weight training were usually poorly executed or incomplete. Effort level is usually too low to meet activity requirements.</p> <p style="text-align: center;"><u>16-22 pts</u></p>	<p>Often attitude was below the standard expected from a New Providence student. May have vocally or physically complained about gameplay, training, drills, conditioning, workouts, etc. on occasion.</p> <p style="text-align: center;"><u>6-10 pts</u></p>	<p>Minimal improvement in practicing, performance, and ability, from start to end of the week. Form/skills only saw mild development and enhancement, due to little concerted focus on improvement.</p> <p style="text-align: center;"><u>6-10 pts</u></p>
	<p>Consistently poor effort overall. Drills, team-work, conditioning, or weight training sometimes skipped entirely. Rare attempts to participate at the appropriate effort level for each day's required training activities.</p> <p style="text-align: center;"><u>0-16 pts</u></p>	<p>Attitude was regularly below the standard expected from a New Providence student. May have vocally or physically complained about gameplay, training, drills, conditioning, workouts, etc. on a consistent basis.</p> <p style="text-align: center;"><u>0-6 pts</u></p>	<p>Little to no improvement in practicing, performance, and ability, from start to end of the week. Inconsistent effort and dedication to improve form and mechanics, resulting in a marginal improvement in overall skills.</p> <p style="text-align: center;"><u>0-6 pts</u></p>
COMMENTS:	COMMENTS:	COMMENTS:	COMMENTS:

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****Note:** Knowledge grades (assessments) will be given throughout marking period as a separate grade.