**JACKSON MIDDLE SCHOOL ESSENTIAL**

**PHYSICAL EDUCATION RUBRIC**

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| **CRITERIA** | **EXCEEDS THE STANDARDS**  **5** | **MEETS THE STANDARDS**  **4** | **ADEQUATELY MEETS THE STANDARDS**  **3** | **NEEDS WORK MEETING THE STANDARDS**  **2** | **IS NOT ATTEMPTING TO MEET THE STANDARDS**  **1** | **DOES NOT MEET STANDARDS**    **0** |
| **CLASS ARRIVAL AND PARTICIPATION** | Arrives in the locker room before the tardy bell rings and is dressed and ready on time | Arrives in the locker room before the tardy bell but is one of the last students to arrive, dresses and ready on time | Arrive in the locker room after tardy bell, but is dressed and ready on time. | Arrives in locker room after the tardy bell and is late getting dressed and ready for class | Always arrives late in the locker room  and never dresses out completely | Never enters locker room or causes problems in the locker room. |
| Use your own individual locker with combination lock | Use your own individual locker with lock most of the time. | Share a locker with another student | Use a locker without a lock. | Does not use a locker | Does not use a locker. |
| Changes into **Jackson MS P.E. uniform** and wear gym shoes all the time | Change into different shirt and shorts outfit and wear gym shoes most of time | Changes only shirt and/or wears appropriate gym shoes | Does not change clothes at all, and/or wears appropriate gym shoes | Does not change clothes or wear appropriate gym shoes | Never changes clothes |
| Starts appropriate activity to warm up all the time without being reminded. | Starts appropriate activity to warm up most of the time without a reminder. | Occasionally needs to be reminded to start the warm up activity. | Needs to be reminded daily to start the warm up activity daily. | Fails to start to do warm up activity even after told to do so by teacher. | Never completes warmup activities. Never sits in squad spot. |
| **WARM-UP ROUTINE & INSTRUCTIONS** | Follows all teacher’s instruction without hesitation all the time | Follows all teacher’s instruction without hesitation most of the time | Follows all teacher’s instruction inconsistently | Rarely responds to teacher’s instruction | Fails to respond to teacher’s verbal instruction | Talks while teacher gives instruction |
| Completes all of the  exercises and drills all of the time | Completes all of the exercises and drills most of the time | Attempts all exercises and drills | Attempts some exercises and drills | Fails to attempt all exercises and drills | Doesn’t attempt any exercises or drills |
| Listens without disturbing others all of the time | Listens without disturbing others most of the time | Responds to verbal and non-verbal cues to listen to instructions | Requires daily reminding to listen to instructions | Does not listen to instructions even when reminded | Distracts others by horse playing |
| **DAILY GAME OR ACTIVITY** | Quickly moves through drills and group practice | Quickly moves through drills and group practice some of the time | Moves through drills and group practice but needs reminding at times. | Requires reminding daily to move through drills and group practice. | Disrupts drills or group practice much of the time | Refuses to do the activity |
| Takes a physically active part in game or activity all the time | Takes a physically active part in game or activity most of the time | Requires some reminding to participate in game or activity | Requires reminding daily to participate in game or activity | Does not participate in game or activity | Does not participate in any activity. |
| Gives positive support to teammates or classmates all the time | Gives positive support to teammates or classmates some of the time | Occasionally gives positive support to teammates or classmates | Offers no positive support to teammates or classmates | Is negative to teammates or classmates | Is removed from activity or sent to another class daily. |
| Always uses skills taught and applies skills to game or performance. | Uses skills taught most of the time and attempts to apply | Sometimes uses skills taught and applies them only when reminded. | Rarely uses skills taught, must be constantly reminded about application | Does not use skills taught, does not apply skills | Refuses to follow instructions or complete alternative assignments. |

* Participates at best personal level.
* Shows a positive attitude toward self and others.
* Shows positive leadership qualities.
* Is respectful/responsible/resourceful.
* Delivers 100% effort.
* Improves fitness and skill.

**Grading Scale**

**A**= criteria met consistently.   
**B**= criteria met most of the time.   
**C**= criteria met inconsistently.   
**D or F** = has consistently been uncooperative, irresponsible and lacks motivation.  **F**= consistently interferes with the teaching and learning process.  Consistently exhibits little or no effort.