

	<b>E</b> <b>Excellent</b>	<b>P</b> <b>Proficient</b>	<b>B</b> <b>Basic</b>	<b>PR</b> <b>Progressing</b>
<b>Activity</b> –Basic Skills	Demonstrate a strong understanding of the skill. Shows a willingness to develop and improve upon the skill, and continues to apply it in game-like settings.	Demonstrates an understanding of the skill. Has made effort to develop and improve upon the skill, and is beginning to apply it in game-like settings.	Demonstrates limited understanding of the skill. Has made some effort to develop and improve upon the skill.	Has made little effort to develop and improve upon the skill.
<b>Benefits Health</b> -Fitness	Understands that there are a variety of fitness components that determine overall personal health and wellbeing. Always makes a consistent effort to improve. Consistently brings proper Phys Ed attire and changes and begins to warm up efficiently.	Understands that there are a variety of fitness components that determine overall personal health and often make an effort to improve. Regularly brings proper Phys Ed attire and could improve on efficiency of changing and beginning their warm up.	Understands some of the fitness components that determine personal health. Occasionally makes an effort to improve. Occasionally brings proper Phys Ed attire and could improve on being more efficient in their changing and warm up.	Understands some of the fitness components that determine personal health. Effort to improve is seldom displayed. Seldom brings proper Phys Ed attire and requires more effort to complete their warmup.
<b>Cooperation</b> –Teamwork, leadership, fair play	Always demonstrates positive leadership, teamwork and fair play.	Demonstrates acceptable leadership, teamwork and fair play.	Occasionally demonstrates teamwork, leadership and fair play.	Teamwork, leadership and fair play are not often displayed during class.
<b>Do It Daily</b> –Effort, Participation, Enjoyment	Consistently demonstrates maximum effort in a safe manner that challenges personal goals.	Demonstrates an acceptable effort in a safe manner that challenges personal goals.	Demonstrates limited effort in a mostly safe manner. Has set personal goals but has difficulty working towards them.	Effort and participation are not evident.