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| Standards | Performance Indicators | Rating Scale |
| 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. | Student can demonstrate the following movement concepts in an isolated or controlled setting according to their grade level indicator.   * Space Awareness * Effort * Relationships   Student can demonstrate the following motor skills in an isolated or controlled settings according to their grade level indicators.   * *Non Locomotor* (balancing, bending, stretching, rocking, rolling, etc.) * *Locomotor* (walk, run, leap, slide, gallop, hop, skip, flee, dodge.) * *Manipulative* (roll, under/overhand throw, catch, kick, foot/hand dribble, strike, volley, etc.)   Student demonstrates use of tactics within sport activities. | **4:** Student EXCEEDS expectations of grade-level indicators.  **3:** Student MEETS expectations of grade-level indicators.  **2:** Student is PROGRESSING toward expectation of grade-level indicators.  **1:** Student shows LIMITED PROGRESS toward expectations of grade-level indicators. |
| 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. | Understands and applies movement concepts/principles and game strategies, elements of movement skills, and characteristics of highly skilled performance.  The student knows when, why, and how to use strategies and tactics within a game | **4:** Student EXCEEDS expectations of grade-level indicators.  **3:** Student MEETS expectations of grade-level indicators.  **2:** Student is PROGRESSING toward expectation of grade-level indicators.  **1:** Student shows LIMITED PROGRESS toward expectations of grade-level indicators. |
| 3. The physically literate individual participates regularly to achieve and maintain a health-enhancing level of physical activity and fitness. | Participates in physical activities that vary in intensity according to grade level, including: locomotor activities, activities inclusive of manipulative skills, dodging, chasing, and fleeing activities, and modified games that include combinations of locomotor and manipulative skills. | **4:** Student EXCEEDS expectations of grade-level indicators and/or was absent/forgot shoes less than two times.  **3:** Student MEETS expectations of grade-level indicators and/or was absent/forgot shoes 3-6 times this semester.  **2:** Student is PROGRESSING toward expectation of grade-level indicators and/or was absent/forgot shoes 7-9 times.  **1:** Student shows LIMITED PROGRESS toward expectations of grade-level indicators and/or was absent/forgot shoes 10+ times. |
| 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others. | Student can distinguish between key behaviors which exemplify each of the personal/social character traits of:   * Responsibility * Best effort * Cooperation * Compassion * Constructive competition * Initiative * Leadership | **4:** Student EXCEEDS expectations of grade-level indicators and has received 0 bummer slips or referral forms.  **3:** Student MEETS expectations of grade-level indicators and/or received 1 bummer slip or referral form.  **2:** Student is PROGRESSING toward expectations of grade-level indicators and/or received 2 bummer slips and/or referral forms.  **1:** Student shows LIMITED PROGRESS toward expectations of grade-level indicators and/or received 3 or more bummer slips and referral forms. |