

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 8.1 – Motor Skill Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Accurately and effortlessly utilizes biomechanical and physiological principles to perform game and rhythmical skills. Demonstrates skill proficiency in all health-related fitness activities. Utilizes technology to analyze and improve skill.	Accurately and thoroughly explains and analyzes movement in skill-related activities of self and others.	N/A
<b>Competent</b> 3	Accurately utilizes biomechanical and physiological principles to perform game and rhythmical skills in predictable situations. Demonstrates skill proficiency in multiple health-related fitness activities. Utilizes technology to analyze or improve skill.	Accurately explains and analyzes movement in skill-related activities of self and others.	N/A
<b>Lacks Competence</b> 2	Inaccurately or inconsistently utilizes biomechanical and physiological principles to perform game and rhythmical skills only when directed. Demonstrates skill proficiency in few health-related fitness activities. Needs assistance to utilize technology for analysis or improvement of skill.	Accurately explains or analyzes movement in skill-related activities of self or others.	N/A
<b>Well Below Competence</b> 1	Inaccurately and inconsistently performs game and rhythmical skills. Skill development is insufficient to enable participation in health-related fitness activities. Is unable to utilize technology for analysis or improvement of skill.	Inaccurately explains and analyzes movement in skill-related activities of self and others.	N/A

## HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 8.2 – Anatomical Basis of Movement.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient 4</b>	N/A	Accurately and thoroughly explains the relationship between body systems and physical activity. Accurately and thoroughly analyzes game tactics and strategies.	N/A
<b>Competent 3</b>	N/A	Accurately explains the relationship between body systems and physical activity. Accurately analyzes game tactics and strategies.	N/A
<b>Lacks Competence 2</b>	N/A	Inaccurately explains the relationship between body systems and physical activity; or inaccurately analyzes game tactics and strategies.	N/A
<b>Well Below Competence 1</b>	N/A	Inaccurately explains the relationship between body systems and physical activity. Inaccurately analyzes game tactics and strategies.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 8.3 – Fitness Planning.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Demonstrates appropriate techniques for fitness self-assessment using technology. Able to assist others with their technique.	Accurately and thoroughly utilizes technology to conduct personal fitness assessments that lead to goals for all fitness components. Accurately and thoroughly designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Competent</b> 3	Demonstrates appropriate techniques for fitness self-assessment using technology.	Accurately utilizes technology to conduct personal fitness assessments that lead to goals for all fitness components. Accurately designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Lacks Competence</b> 2	Demonstrates inappropriate techniques for fitness self-assessment. Attempts to use technology.	Inaccurately utilizes technology to conduct personal fitness assessments that should lead to goals for fitness components. Inaccurately describes or designs a fitness plan based on training principles, activity guidelines, and assessment results.	N/A
<b>Well Below Competence</b> 1	Demonstrates inappropriate techniques for fitness self-assessment. Fails to use technology.	Unable to complete personal fitness assessments or to develop goals for fitness components. Unable to describe and design a fitness plan.	N/A

### HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 8.4 – Social Development.

Score	Skill	Cognitive	Personal/Social Responsibility
<b>Proficient</b> 4	Demonstrates appropriate movements in stress-reducing activities. Able to assist others with their technique.	N/A	Describes, demonstrates, and assists other in demonstrating integrity, respect for others, and teamwork while safely engaging in activities. Applies conflict-resolution, problem-solving, and communication skills with peers in physical activity settings. Accurately identifies social interaction opportunities in physical activities and their benefits.
<b>Competent</b> 3	Demonstrates appropriate movements in stress-reducing activities.	N/A	Describes and demonstrates integrity, respect for others, and teamwork while safely engaging in activities. Applies conflict-resolution, problem-solving, and communication skills with peers in physical activity settings. Accurately identifies social interaction opportunities in physical activities and their benefits.
<b>Lacks Competence</b> 2	Demonstrates inappropriate movements in stress-reducing activities.	N/A	Describes and demonstrates integrity, respect for others, and teamwork while safely engaging in activities only under teacher supervision. Applies conflict-resolution, problem-solving, and communication skills with peers in physical activity settings only under teacher supervision. Inaccurately identifies social interaction opportunities in physical activities or their benefits.
<b>Well Below Competence</b> 1	Fails to participate in stress-reducing activities.	N/A	Fails to describe and demonstrate integrity, respect for others, and teamwork while safely engaging in activities. Fails to apply conflict-resolution, problem-solving, and communication skills with peers in physical activity settings. Inaccurately identifies social interaction opportunities in physical activities and their benefits.

## HOLISTIC PERFORMANCE RUBRIC

This standards-based rubric provides the performance criteria for VA SOL 8.5 – Energy Balance.

Score	Skill	Cognitive	Personal/Social Responsibility
Proficient 4	N/A	Accurately and thoroughly explains the body's physiological response to caloric intake, caloric expenditure, and body composition. Accurately and thoroughly creates a nutritional plan.	N/A
Competent 3	N/A	Accurately explains the body's physiological response to caloric intake, caloric expenditure, and body composition. Accurately creates a nutritional plan.	N/A
Lacks Competence 2	N/A	Inaccurately explains the body's physiological response to caloric intake, caloric expenditure, or body composition; or inaccurately creates a nutritional plan.	N/A
Well Below Competence 1	N/A	Inaccurately explains the body's physiological response to caloric intake, caloric expenditure, and body composition. Inaccurately creates a nutritional plan.	N/A