

Hopewell High School Physical Education Fitness Day Grading Rubric



Students will receive a number grade ranging from 1-10 points each day, which is based on the components listed below:

Points	Participation	Social Development
=	to the earned level if the student is dressed in proper Physical In the points outlined below if they forgot their clothing, but sti	·
8-Proficient	Always participates in warm up activities. Always participates during the fitness activity. Always follows all given directions. Demonstrates a 90% level of intensity throughout the entire period.	Leads by example during activity. Demonstrates respect for teacher and peers while showing encouragement.
6- Basic	Occasionally participates in warm up activities. Occasionally participates during the fitness activity. Occasionally follows directions given. Demonstrates a 70% level of intensity throughout the entire period.	Willing to help others during the activity. Demonstrates respect for teacher and peers.
4-Below Basic	Rarely or never participates in warm up activities. Rarely or never participates in fitness activities. Rarely or never follows directions given. Demonstrates a low level of intensity with minimal to no effort displayed during the class period.	Displays limited desire to contribute to the task at hand. Demonstrates inappropriate behavior.
0-2-Far Below Basic	Does not participate in warm up activities. Does not participate in fitness activities. Does not follow directions given. Demonstrates a low level of intensity with minimal to no effort displayed during the class period.	Displays no desire to contribute to the task at hand. Demonstrates inappropriate behavior.