

Content Achievement Criteria for Physical Fitness Test	
M	Meets or exceeds the minimum health related standard in 3 - 4 of the tests
W	Meets or exceeds the minimum health related standard in 2 of the tests
N	Meets or exceeds the minimum health related standard in 1 or 0 of the tests

MINIMUM HEALTH RELATED STANDARD

	Age	Curl ups	Sit and Reach	Mile Run	Half Mile Run	Push ups
Boys	6	22	8.5	X	5:00	3
	7	28	8.5	X	4:40	4
	8	31	8.5	X	4:45	5
	9	32	8.5	10:00	4:35	6
	10	35	8.5	9:30	X	7
	11	37	8.5	9:00	X	8
	12	40	8.5	9:00	X	9
	13	42	8.5	8:00	X	10
	14	45	8.5	8:00	X	12
Girls	Age	Curl ups	Sit and Reach	Mile Run	Half Mile Mile	Push ups
	6	23	9	X	5:40	3
	7	25	9	X	5:20	4
	8	29	9	X	5:35	5
	9	30	9	10:00	5:25	6
	10	30	9	10:00	X	7
	11	32	9	10:00	X	7
	12	35	9	10:30	X	8
	13	37	10	10:30	X	7
	14	37	10	10:30	X	7

Fitness & Health Concepts – (written/cognitive work)

(fill in curriculum area here each trimester)

M	Demonstrates good understanding of Fitness Concepts (8-10/10)
W	Working toward understanding Fitness Concepts (4-7/10)
N	Beginning understanding of Fitness Concepts (0-3/10)

Fitness Testing

M	Passing 3 or 4 of the Fitness Tests
W	Passing 2 of the Fitness Tests
N	Passing 1 or 0 of the Fitness Tests

Overhand Throwing Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Throws with selected essential elements: a) throwing elbow shoulder high, hand back, and side orientation in preparation for the throw b) truck rotation with elbow lagging behind hip c) weight transfer to non-throwing forward foot
W	Throws with 2 of 3 essential elements
N	Throws with 1 or no essential elements

Ball Handling Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Dribbles with all the selected essential elements: a) one hand contact b) maintains constant height of rebound c) pushes ball (no slapping)
W	Dribbles with 2 of 3 essential elements present
N	Dribbles with 1 or no essential elements present

Striking Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Displays all the selected essential elements with fluid motion with no more than 2 errors in form during the entire assessment: <ul style="list-style-type: none">a) visual trackingb) flat (paddle, hand) surfacec) upward underhand striking pattern using one hand
W	Displays all the selected essential elements with fluid motion with no more than 3 errors in form during the entire assessment
N	Displays all the selected essential elements with fluid motion with 4 or more errors in form during the entire assessment

Underhand Catching Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Attempts the catch with selected essential elements: <ul style="list-style-type: none">a) hands reach to meet the ballb) uses hands without trapping ball against chestc) does not turn head away from ball
W	Attempts to catch with 2 of 3 essential elements present
N	Attempts to catch with 1 or no essential elements

Overhand Catching Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Attempts the catch with selected essential elements: <ul style="list-style-type: none">a) hands reach to meet the ballb) only hands contact the ballc) correct overhand catching pattern (thumbs "in")d) gives with the ball
W	Attempts the catch with 3 of 4 essential elements present
N	Attempts the catch with 2 or fewer essential elements present

Underhand Throwing Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Throws with selected essential elements: <ul style="list-style-type: none">a) arm back in preparationb) opposite foot forwardc) release of ball in forward direction
W	Throws with 2 of 3 essential elements present
N	Throws with only one essential element present

Kicking Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Kicks from a jog g with selected essential elements: a) support foot to the side of the ball b) continuous motion into kick c) contact with instep (top of foot/shoelaces) d) follow through
W	Kicks from a jog with 3 of 4 essential elements present
N	Kicks without jogging approach and 2 or fewer essential elements present

Locomotor Sequence Rubric

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

1.1.3 Demonstrate manipulative skills contributing to movement proficiency.

Level	Form
M	Performs 3 locomotor movements with mature patterns a) Skip b) Gallop c) Slide
W	Performs 2 of 3 locomotor movements with mature patterns
N	Performs 1 or no locomotor movements with a mature pattern