



**PEACOCK MIDDLE SCHOOL**  
**Physical Education**  
Mr. Anderson and Ms. Stelk



## **Daily Grading Rubric**

### **DAILY POINTS – 8 total points earned**

**UNIFORM** – Student must wear socks, gym shoes, designated PE shirt and shorts. Students who do not wear their PE uniform will participate in their street clothes. A total of four points will be deducted from the student’s participation grade for each “no dress” day. On the third “no dress” day occurrence, the 5-Step Discipline Process will be initiated. Students will be eligible to make up their first three “no dress” days by attending a supervised fitness session before school.

**SKILL POINTS** – Students will be assessed on a variety of techniques for each unit of study that is covered during class. The skill assessment will be held at the end of each unit. Points and rubrics will be available during the specific unit of study.

**TEST POINTS** – Students will be assessed in a written format towards the end of each unit. Study guides will be provided at the beginning of a new unit.

### **WARM-UP / CHARACTER RUBRIC**

#### **2 POINTS**

Performs all stretches consistently, using proper technique and with effort to improve flexibility. Performs all strengthening exercises with proper form and effort to improve strength. Promptly begins and completes warm-up.

#### **1 POINT**

Performs stretches and strengthening exercises only under observation or verbal encouragement with little effort to improve flexibility and/or strength.

#### **0 POINTS**

No effort to improve flexibility/strength and/or disrespectful to others.

## **ACTIVITY EFFORT / CHARACTER RUBRIC**

### **6 POINTS**

Participates the entire time by playing an active position. Initiates involvement in the activity and organizes others in the group. Cooperates the entire time with other student and /or faculty. Demonstrates consistent respect for others. Understands and plays by the rules.

### **4 POINTS**

Participates most of the time by playing an active position. Has input in organizing the group. Cooperates most of the time with other students and/or faculty. Usually demonstrates respect for others. Understands and plays by the rules.

### **2 POINTS**

Participates only under observation or verbal encouragement. Will move if the play comes to them. Occasionally demonstrates disrespect to others. Understands and plays by the rules.

### **1 POINT**

Participates only upon demand. Allows action to go around him/her or may move away from action. Uncooperative with students and/or faculty.

### **0 POINTS**

No effort and/or disrespectful of others.

## **AEROBIC / CHARACTER RUBRIC**

### **6 POINTS**

Runs the entire exercise time at a pace within their Target Heart Rate range. Covers the assigned distance within the allotted time. Demonstrates an awareness of safety and cooperation with others.

### **4 POINTS**

Runs most of the time, but at a pace that will sometimes fall below their Target Heart Rate range. Covers the assigned distance within the allotted time. Demonstrates an awareness of safety and cooperation with others.

### **2 POINTS**

Runs at least half the time. Exercises safely.

### **1 POINT**

Strolls during the exercise period, visiting with friends. Exercises safely.

### **0 POINTS**

No effort and/or disrespectful of others.