

San Diego Unified School District  
Department of Physical Education  
Kindergarten Physical Education Rubric

	Advanced	Proficient Performs at a mature level	Basic Performs at an elementary stage	Below Basic Performs at the initial stage
Motor Skills and Movement Patterns	Performs at a competency beyond meeting the standard by traveling in own space, different speeds & pathways, changing direction, spatial concepts, locomotor skills to a beat & manipulative skills. A highly skilled performer.	<ul style="list-style-type: none"> <li>• <b>Interprets</b> the environment by moving through space often to a rhythmic beat</li> <li>• <b>Demonstrates</b> movement using locomotor and non-locomotor skills and the emergence of manipulative skills.</li> </ul>	<p>Movement travel &amp; locomotor skills seem to conform more to the intent of the performer and is not automatic.</p> <p>Performance lacks fluidity &amp; consistency.</p>	<p>Purposeful attempts in movement travel &amp; locomotor skills are unpredictable.</p> <p>Motor integration is absent.</p>
Knowledge of Movement Concepts	Understands the use of personal & general space; spatial concepts & manipulative skills.  A highly skilled learner.	Understands and <ul style="list-style-type: none"> <li>• <b>Identifies</b> movement &amp; body awareness vocabulary.</li> <li>• <b>Identifies</b> locomotor skills.</li> <li>• <b>Describes</b> the correct technique for fundamental manipulative skills</li> </ul>	<p>Demonstrates an elementary understanding of personal &amp; general space; spatial concepts.</p> <p>Minimal understanding of locomotor skills.</p>	<p>Knowledge of movement concepts is at the initial level.</p> <p>Understanding is confused or absent.</p>
Assess and maintain a level of physical fitness	Performs physical activity in a sustained, continuous movement by increasing periods of time.	<ul style="list-style-type: none"> <li>• <b>Performs</b> moderate to vigorous three to four times per week</li> <li>• <b>Performs</b> muscular strength and endurance activities</li> <li>• <b>Demonstrates</b> appropriate stretching exercises</li> <li>• <b>Demonstrates</b> &amp; identifies body indicators of increased physical activity.</li> </ul>	<p>Performs at an elementary physical activity level.</p> <p>Movement appears more consistent, repetitions are somewhat alike.</p>	<p>Physical activity levels are at the initial stage.</p> <p>Unable to repeat movement consecutively.</p>
Knowledge of physical fitness	Understands at a competency beyond “meeting the standard”, what the body is composed of and nutrition/energy needed for the body.	<ul style="list-style-type: none"> <li>• <b>Describes</b> activities that are enjoyable and challenging, parts of the body, use of muscles, the need for stretching and the role of nutrition</li> </ul>	<p>Demonstrates an elementary knowledge of body/organ locations and their function; how water/food are important to the body.</p>	<p>Understanding of body/organ locations and function; how water/food are important to the body is confused or absent.</p>
Sociological Concepts	Willingly participates in activity and easily identifies feelings related to physical activity.	<ul style="list-style-type: none"> <li>• <b>Demonstrates</b> positive feelings derived from movement and sharing with others</li> <li>• <b>Participates</b> as a leader and a follower</li> </ul>	<p>Sociological concepts are demonstrated at an elementary stage of development in participation, sharing, feelings, leader and follower.</p>	<p>Sociological concepts are demonstrated at an initial stage of development in participation, sharing, feelings.</p>