

## SBRC 9 Weeks Rubric: *Kindergarten*

### Physical Education

TEKS will be addressed during the entire school year.

<b>Standard</b>	<b>1<sup>st</sup> 9 Weeks Goal</b> <i>The students will be knowledgeable about class expectations &amp; procedures and engage in games/activities which incorporate motor skill development, spatial awareness, and cooperative learning.</i>	<b>2<sup>nd</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to movement/dance and core strength and balance activities.</i>	<b>3<sup>rd</sup> 9 Weeks Goal</b> <i>Integrate the Health TEKS while incorporating cardiovascular endurance, muscle strength, and flexibility.</i>	<b>4<sup>th</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to eye hand/foot coordination, cooperative teamwork, summer safety, and healthy fitness.</i>
<b>Movement:</b> Demonstrate and apply competency in fundamental movement patterns	Travel safely in a large group; differentiate between slow and fast; locomotor and non-locomotor skills, static balance; spatial & body awareness.	Walk forward and sideways the length of a beam without falling; roll sideways (right or left) without hesitating; toss a ball and catch it before it bounces twice.	Continue enhancing previous TEKS.	Continue enhancing previous TEKS.
<b>Physical Activity/Health:</b> Participation in physical activity to improve health and provide opportunities for enjoyment and challenge.	Participate in moderate to vigorous physical activities on a daily basis.	Lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	Observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration; state that rest and sleep are important in caring for the body.	Describe and select physical activities that provide opportunities for enjoyment and challenge.
<b>Physical Activity/Health:</b> Understand and use safety practices	Use equipment and space properly; know and apply safety practices associated with physical activity.	Use equipment and space properly; know and apply safety practices associated with physical activity.	Use equipment and space properly; know and apply safety practices associated with physical activity.	Explain appropriate water safety rules and know the role of the lifeguard & continue previous 9 week TEK.
<b>Social Development:</b> Develops positive self management to work independently with others.	Work in a group setting in cooperation with others; share space and equipment with others.	Work in a group setting in cooperation with others; share space and equipment with others.	Work in a group setting in cooperation with others; share space and equipment with others.	Work in a group setting in cooperation with others; share space and equipment with others.

## SBRC 9 Weeks Rubric: **1<sup>st</sup> Grade**

### Physical Education

TEKS will be addressed during the entire school year.

<b>Standard</b>	<b>1<sup>st</sup> 9 Weeks Goal</b> <i>The students will be knowledgeable about class expectations &amp; procedures and engage in games/activities which incorporate motor skill development, spatial awareness, and cooperative learning.</i>	<b>2<sup>nd</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to movement/dance and core strength and balance activities.</i>	<b>3<sup>rd</sup> 9 Weeks Goal</b> <i>Integrate the Health TEKS while incorporating cardiovascular endurance, muscle strength, and flexibility.</i>	<b>4<sup>th</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to eye hand/foot coordination, cooperative teamwork, summer safety, and healthy fitness.</i>
<b>Movement:</b> Demonstrate and apply competency in fundamental movement patterns	Demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low; recognize that practice improves performance.	Demonstrate control in balancing and traveling activities; clap in time to a simple rhythmic beat; create rhythmic beat in response to music.	Jump a long rope	Demonstrate on cue key elements in overhand throw, underhand throw, and catch.
<b>Physical Activity/Health:</b> Participation in physical activity to improve health and provide opportunities for enjoyment and challenge.	Participate in moderate to vigorous physical activities on a daily basis; participate in upper and lower body flexibility exercises.	Demonstrate a base of support and explain how it affects balance. lift and support weight in activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs	Distinguish between active and inactive lifestyles; describe the heart; describe how muscles and bones work together describe food as a source of energy; explain the effects of smoking, lack of sleep, and poor diet.	Describe and select physical activities that provide opportunities for enjoyment and challenge.
<b>Physical Activity/Health:</b> Understand and use safety practices	Use equipment and space properly; know and apply safety practices associated with physical activity.	Use equipment and space properly; know and apply safety practices associated with physical activity.	Use equipment and space properly; know and apply safety practices associated with physical activity.	describe the importance of protective equipment; effects of the sun; Demonstrate water safety rescue skills.
<b>Social Development:</b> Develops positive self management to work independently with others.	Work in a group setting in cooperation with others; share space and equipment with others; resolve conflicts in socially acceptable ways.	Work in a group setting in cooperation with others; share space and equipment with others; resolve conflicts in socially acceptable ways.	Work in a group setting in cooperation with others; share space and equipment with others; resolve conflicts in socially acceptable ways.	Work in a group setting in cooperation with others; share space and equipment with others; resolve conflicts in socially acceptable ways.

## SBRC 9 Weeks Rubric: *2<sup>nd</sup> Grade*

### Physical Education

TEKS will be addressed during the entire school year.

<b>Standard</b>	<b>1<sup>ST</sup> 9 Weeks Goal</b> <i>The students will be knowledgeable about class expectations &amp; procedures and engage in games/activities which incorporate motor skill development, spatial awareness, and cooperative learning.</i>	<b>2<sup>nd</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to movement/dance and core strength and balance activities.</i>	<b>3<sup>rd</sup> 9 Weeks Goal</b> <i>Integrate the Health TEKS while incorporating cardiovascular endurance, muscle strength, and flexibility.</i>	<b>4<sup>th</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to eye hand/foot coordination, cooperative teamwork, summer safety, and healthy fitness.</i>
<b>Movement:</b> Demonstrate and apply competency in fundamental movement patterns	Travel safely in a large group; demonstrate mature skills: chase, flee, dodge, walk, skip, hop, under, over, behind, next to, through, right, left, up, down; travel in sequenced pathways.	Demonstrate balance/agility; rolling activities; weight transfers; partner mirroring; walking in 4/4 time to the beat; perform rhythmic sequences; eye/hand/foot skills.	Jump a self-turned rope repeatedly.	Continue enhancing previous TEKS.
<b>Physical Activity/Health:</b> Participation in physical activity to improve health and provide opportunities for enjoyment and challenge.	Participate in moderate to vigorous physical activities on a daily basis; Lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.	Participate in moderate to vigorous physical activities on a daily basis; participate in appropriate exercises for flexibility in shoulders, legs, and trunk.	Describe how physical activity strengthens the heart, lungs, muscles; how the blood carries oxygen and nutrients; foods for a healthy heart; negative effects of smoking; the need for rest and sleep .	Participate in moderate to vigorous physical activities on a daily basis; describe and select physical activities that provide opportunities for enjoyment and challenge
<b>Physical Activity/Health:</b> Understand and use safety practices	Use equipment and space properly; identify goals and strategies of simple games.	Use equipment and space properly; identify goals and strategies of simple games.	List the effects the sun has on the body; identify safe cycling practices; describe emergencies –911.	Select and use appropriate protective equipment in preventing injuries; describe water safety rules.
<b>Social Development:</b> Develops positive self management to work independently with others.	Work in a group setting in cooperation with others; share space and equipment; show good sportsmanship and respect to others.	Work in a group setting in cooperation with others; share space and equipment; show good sportsmanship and respect to others.	Work in a group setting in cooperation with others; share space and equipment; show good sportsmanship and respect to others.	Work in a group setting in cooperation with others; share space and equipment; show good sportsmanship and respect to others.

## SBRC 9 Weeks Rubric: *3<sup>rd</sup> Grade*

### Physical Education

TEKS will be addressed during the entire school year.

<b>Standard</b>	<b>1<sup>ST</sup> 9 Weeks Goal</b> <i>The students will be knowledgeable about class expectations &amp; procedures and engage in games/activities which incorporate motor skill development, spatial awareness, and cooperative learning.</i>	<b>2<sup>nd</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to movement/dance and core strength and balance activities.</i>	<b>3<sup>rd</sup> 9 Weeks Goal</b> <i>Integrate the Health TEKS while incorporating cardiovascular endurance, muscle strength, and flexibility.</i>	<b>4<sup>th</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to eye hand/foot coordination, cooperative teamwork, summer safety, and healthy fitness.</i>
<b>Movement:</b> Demonstrate and apply competency in fundamental movement patterns	Travel safely using directions; demonstrate smooth transitions during movement patterns; demonstrate mature forms of jogging, running, & leaping, identify ready positions.	Demonstrate moving in and out of a balanced position with control; demonstrate proper body alignment in lifting, carrying, pushing, and pulling.	Clap echoes in a variety of one measure rhythmical patterns.	Continue enhancing previous TEKS.
<b>Physical Activity/Health:</b> Participation in physical activity to improve health and provide opportunities for enjoyment and challenge.	Participate in moderate to vigorous physical activities on a daily basis and activities to improve flexibility; identify components of games that can be modified to make the games and participants more successful; explain the importance of basic rules in games/activities.	Demonstrate appropriate form during rolling; transfer on and off equipment safely; demonstrate various step patterns/ combinations in sequences; opposition patterns; actions to increase muscle endurance.	Select physical activities that provide for enjoyment & challenge; distinguish between aerobic and anaerobic; identify healthy foods; Identify principals of good posture.	Describe and select physical activities that provide opportunities for enjoyment and challenge; identify opportunities physical activity in the community such as little league and parks and recreation
<b>Physical Activity/Health:</b> Understand and use safety practices	Use equipment safely and properly; select and use attire that prevents injury; follow rules, procedures, and etiquette.	Use equipment safely and properly; select and use attire that prevents injury; follow rules, procedures & etiquette.	. Use equipment safely and properly; select and use attire that prevents injury; follow rules, procedures & etiquette.	Identify/use safety rules when walking, jogging, and skating in the community.
<b>Social Development:</b> Develops positive self management to work independently with others.	Persevere when not successful on the first try; accept and respect differences and similarities in physical abilities of self and others.	Persevere when not successful; accept and respect differences and similarities in physical abilities of self and others.	Persevere when not successful; accept and respect differences and similarities in physical abilities of self and others.	Persevere when not successful; accept and respect differences and similarities in physical abilities of self and others.

## SBRC 9 Weeks Rubric: 4<sup>th</sup> Grade

### Physical Education

TEKS will be addressed during the entire school year.

<b>Standard</b>	<b>1<sup>ST</sup> 9 Weeks Goal</b> <i>The students will be knowledgeable about class expectations &amp; procedures and engage in games/activities which incorporate motor skill development, spatial awareness, and cooperative learning.</i>	<b>2<sup>nd</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to movement/dance and core strength and balance activities.</i>	<b>3<sup>rd</sup> 9 Weeks Goal</b> <i>Integrate the Health TEKS while incorporating cardiovascular endurance, muscle strength, and flexibility.</i>	<b>4<sup>th</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to eye hand/foot coordination, cooperative teamwork, summer safety, and healthy fitness.</i>
<b>Movement:</b> Demonstrate and apply competency in fundamental movement patterns	Demonstrate changes in speed during straight, curved, and zig zag pathways; perform sequences that include traveling, with body control combined with stationary balances on various body parts.	Catch object while traveling; jump and land for height and distance; transfer weight w/ control; create a movement sequence; perform folk dance.	Travel into and out of a rope turned by others without hesitating.	Continue enhancing previous TEKS.
<b>Physical Activity/Health:</b> Participation in physical activity to improve health and provide opportunities for enjoyment and challenge.	Name health-related fitness; identify and demonstrate a variety of exercises that improve flexibility in shoulders, trunk, and legs; participate in activities to improve muscular strength and endurance; participate in daily moderate to vigorous physical activity.	Identify similar movement elements in sports; describe key elements of mature movement patterns of throw for distance or speed such as catch, kick, strike, and jump	Monitor the effects of exercise on heart rate; identify major muscle groups; explain the link between activity/inactivity and health; describe the need for rest and sleep in recovering from exercise and stress relief activities.	Describe and select physical activities that provide opportunities for enjoyment and challenge; identify opportunities/sources of information for physical activity such as little league and parks and recreation.
<b>Physical Activity/Health:</b> Understand and use safety practices	Use equipment safely; select proper attire for activity; identify risks with activities; follow rules and regulations.	Use equipment safely; select proper attire for activity; identify risks with activities; follow rules and regulations.	Use equipment safely; select proper attire for activity; identify risks with activities; follow rules and regulations.	Describe and apply safety precautions when cycling and skating.
<b>Social Development:</b> Develops positive self management to work independently with others.	Respond to winning and losing with dignity and understanding; work independently; stay on task; use effective communication and respect the feelings of others.	Respond to winning and losing with dignity /understanding; work independently; stay on task; use effective communication and respect the feelings of others.	Respond to winning and losing with dignity /understanding; work independently; stay on task; use effective communication and respect the feelings of others.	Respond to winning and losing with dignity/understanding;work independently;stay on task; use effective communication and respect the feelings of others.

## SBRC 9 Weeks Rubric: *5<sup>th</sup> Grade*

### Physical Education

TEKS will be addressed during the entire school year.

<b>Standard</b>	<b>1<sup>ST</sup> 9 Weeks Goal</b> <i>The students will be knowledgeable about class expectations &amp; procedures and engage in games/activities which incorporate motor skill development, spatial awareness, and cooperative learning.</i>	<b>2<sup>nd</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to movement/dance and core strength and balance activities.</i>	<b>3<sup>rd</sup> 9 Weeks Goal</b> <i>Integrate the Health TEKS while incorporating cardiovascular endurance, muscle strength, and flexibility.</i>	<b>4<sup>th</sup> 9 Weeks Goal</b> <i>Engage in activities which include but are not limited to eye hand/foot coordination, cooperative teamwork, summer safety, and healthy fitness.</i>
<b>Movement:</b> Demonstrate and apply competency in fundamental movement patterns	Demonstrate smooth combinations of fundamental motor skills; demonstrate combinations of motor and manipulative skills in complex situations such as pivoting and throwing,	Demonstrate: use of levels; use of form, power, accuracy, & follow-through; controlled balance; simple stunts; contrast a partner's movement;; and perform selected folk dances	Jump a rope using various rhythms and foot patterns repeatedly.	Identify the importance of various elements of performance for different stages during skill learning such as form, power, accuracy, and consistency
<b>Physical Activity/Health:</b> Participation in physical activity to improve health and provide opportunities for enjoyment and challenge.	Participate in moderate to vigorous physical activities on a daily basis; choose appropriate drills/activities to enhance the learning of a specific skill.	Identify common phrases in a variety of movement skills Describe fundamental strategies used in net/wall, invasion, target and field games (offense, or defense)	Identify fitness goals, self-monitor the heart rate, describe: the function of the muscular/ skeletal system; common skeletal problems; a healthy diet; the result of smoking; the effects of alcohol and drugs.	Participate in moderate to vigorous physical activities on a daily basis; explain the value of participation in community physical activities; define the principle of frequency, intensity, and time
<b>Physical Activity/Health:</b> Understand and use safety practices	Use equipment safely; properly select and use proper attire; describe the importance of taking personal responsibility for preventing injuries during activity.	Use equipment safely; properly select and use proper attire; describe the importance of taking personal responsibility for preventing injuries during activity.	Use equipment safely; properly select and use proper attire; describe the importance of taking personal responsibility for preventing injuries during activity.	Use equipment safely; properly select and use proper attire; describe the importance of taking personal responsibility for preventing injuries during activity.
<b>Social Development:</b> Develops positive self management to work independently with others.	Explain the importance of team work how it increases motivation; use sportsmanship skills for settling disagreements.	Explain the importance of team work how it increases motivation; use sportsmanship skills for settling disagreements.	Explain the importance of team work how it increases motivation; use sportsmanship skills for settling disagreements.	Explain the importance of team work how it increases motivation; use sportsmanship skills for settling disagreements.

