

2.2.2. P.F.3

GRADE: _____ CLASS: _____

TOOLS FOR LEARNING PARACHUTE GAMES



HOLISTIC PERFORMANCE RUBRIC

Proficient 4	Consistently performs movement and locomotor skills with control and balance. Can identify 4 or more muscles. Responds immediately to teacher cues and instruction. Conducts herself/himself safely and with consideration for others.	
Competent 3	Performs movements and locomotor skills with occasional errors. Executes skills with balance. Can identify 3 or more muscles. Quickly responds to teacher instruction. Conducts herself/himself safely without disrupting the learning environment.	
Lacks Competence 2	Performs skills with frequent errors and has difficulty maintaining balance. Can identify 2 or fewer muscles. Needs reminders before responding to teacher instruction. Occasionally creates unsafe situations.	
Well Below Competence 1	Displays unsatisfactory effort toward skill development. Often breaks safety rules and disrupts the learning environment.	

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