

2.2.2.L.F.3



TOOLS FOR TEACHING YOGA AND MINDFULNESS



ELEMENTARY (K-5)

HOLISTIC DUAL PERFORMANCE RUBRIC

GRADE: _____ CLASS: _____

	Skill	Personal & Social Responsibility (PSR)
Proficient 4	Consistently demonstrates balance for static and dynamic poses and flows. Discusses the benefits of mind/body activities, with details and examples drawn from personal experience. Always moves safely and with control.	Conducts oneself safely and with consideration for others. Helps both self and others overcome challenges and consistently adds to a positive learning environment. Demonstrates the ability to mindfully calm the mind and body.
Competent 3	Maintains balance for both static and dynamic poses and flows. Discusses the connection between physical activity and good health. Moves in personal and general space safely and with control.	Conducts oneself safely without disrupting the learning environment. Demonstrates the ability to overcome challenges and finds enjoyment in movement, individually and in social settings. Works to mindfully calm the mind and body.
Lacks Competence 2	Has difficulty balancing during poses and flows. Has difficulty contributing to discussions on good health.	Occasionally creates unsafe situations and/or disrupts the learning environment.
Well Below Competence 1	Displays unsatisfactory effort toward skill development.	Often breaks safety rules and disrupts the learning environment.

Student Name	Skill	PSR	Comments
1.	Mountain Pose		
2.	Rock Pose		
3.	Downward Dog		
4.	Tree Pose		
5.	cat pose		
6.	cow		
7.	butterfly		
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