

PE5_T1_PT1SpellYourNameExerciseRubric				
Movement Exercises				
A rubric for Spell Your Name Exercise Performance				
	Proficient(4pts)	Approaching Proficiency(3pts)	Developing(2pts)	Beginning(1pt)
	Performs all the assigned movement exercises for the letters of his/her name	Performs more than 50% of the assigned movement exercises for the letters of his/her name	Performs 50% of the assigned movement exercises for the letters of his/her name	Performs less than 50% of the assigned movement exercises for the letters of his/her name
Repetitions				
A rubric for Spell Your Name Exercise Performance				
	Proficient(4pts)	Approaching Proficiency(3pts)	Developing(2pts)	Beginning(1pt)
	Performs all movement exercises with accurate repetitions	Performs most of the movement exercises with accurate repetitions	Performs most of the movement exercises with less accurate repetitions	Performs some of the movement exercises with limited accurate repetitions
Exercise Execution(Arm Position)				
A rubric for Spell Your Name Exercise Performance				
	Proficient(4pts)	Approaching Proficiency(3pts)	Developing(2pts)	Beginning(1pt)
	Demonstrates correct arm position(arms up, arms on hips, arms opposite the foot, arms directly under the shoulder) in ALL the movement exercises	Demonstrates three of the correct arm position (arms up, arms on hips, arms opposite the foot, arms directly under the shoulder) in all the movement exercises	Demonstrates two of the correct arm position(arms up, arms on hips, arms opposite the foot, arms directly under the shoulder) in all the movement exercises	Demonstrates one correct arm position (arms up, arms on hips, arms opposite the foot, arms directly under the shoulder)in all of the movement exercises
Exercise Execution(Body Position)				
A rubric for Spell Your Name Exercise Performance				
	Proficient(4pts)	Approaching Proficiency(3pts)	Developing(2pts)	Beginning(1pt)
	Demonstrates correct body position(upper body straight, leaning forward, straight line (plank), leaning backwards) in ALL of the movement exercises	Demonstrates three of the correct body positions(upper body straight, leaning forward, straight line(plank), leaning backwards) in ALL the movement exercises	Demonstrates two of the correct body positions(upper body straight, leaning forward, straight line(plank), leaning backwards) in ALL the movement exercises	Demonstrates one correct body positions(upper body straight, leaning forward, straight line(plank), leaning backwards) in ALL the movement exercises
Exercise Execution(Feet Position)				
A rubric for Spell Your Name Exercise Performance				
	Proficient(4pts)	Approaching Proficiency(3pts)	Developing(2pts)	Beginning(1pt)
	Demonstrates correct feet positions (feet apart, feet together, feet on opposite position) in the movement exercises	Demonstrates two correct feet positions (feet apart, feet together, feet on opposite position) in the movement exercises	Demonstrates two acceptable feet positions (feet apart, feet together, feet on opposite position) in the movement exercises	Demonstrates one correct feet position (feet apart, feet together, feet on opposite position) in the movement exercises
Exercise Details				
A rubric for Spell Your Name Exercise Performance				
	Proficient(4pts)	Approaching Proficiency(3pts)	Developing(2pts)	Beginning(1pt)
	Indicates ALL the details (letters of the name, exercises and repetitions) in the video either by texts or describing them	Indicates more than 50% of the details (letters of the name, exercises and repetitions) in the video either by texts or describing them	Indicates 50% of the details (letters of the name, exercises and repetitions) in the video either by texts or describing them	Indicates less than 50% of the details (letters of the name, exercises and repetitions) in the video either by texts or describing them

