

**GCMS Physical Education  
Student Self Evaluation/ Teacher Evaluation Rubric**

Student Name: \_\_\_\_\_

Unit: \_\_\_\_\_

<p><b>Do it Daily Participation</b></p>	<p><b>10 Outstanding</b> -maximal effort at all times -high level of cooperation -uses good judgment -Always helps with equipment</p>	<p><b>8 Excellent</b> -effort is consistently high -Usually cooperative -uses good judgment -usually helps with equipment</p>	<p><b>6 Acceptable</b> -sometimes requires prompting-good effort if teacher watching -often shows destructive tendencies -occasionally helps with equipment</p>	<p><b>4 Minimal</b> -going through the motions -only plays the ball when it comes to them -often off task and rarely helps with equipment</p>	<p><b>2 Poor</b> -avoids participation -consistently off task -just not doing it -off task often and never helps with equipment</p>	<p align="center"><b>Teacher</b></p> <p align="center">/10</p>
<p><b>Benefits Health</b></p>	<p><b>10 Outstanding</b> -demonstrates superior fitness level or a desire to improve -is always giving maximal effort and makes good choices</p>	<p><b>8 Excellent</b> -demonstrates good fitness level or shows a desire to improve -usually giving maximal effort and often makes good choices</p>	<p><b>6 Acceptable</b> -demonstrates adequate fitness level and shows desire to improve -needs some encouraging and sometimes makes Good choices</p>	<p><b>4 Minimal</b> -demonstrates poor fitness level and desire to improve -needs prompting -follows instructions inconsistently -only do it if "i have to"</p>	<p><b>2 Poor</b> -demonstrates little fitness level or desire to improve -swears, complains, argues, whines, cheats -makes poor choices</p>	<p align="center">/10</p>
<p><b>Cooperation Sportsmanship</b></p>	<p><b>10 Outstanding</b> -cheers for good plays -invites all to participate -instills fair play in self and others</p>	<p><b>8 Excellent</b> -encourages friends -works hard regardless of winning or losing -exhibits fair play at all times</p>	<p><b>6 Acceptable</b> -encourages teammates -follows the rules -plays fair most of the time</p>	<p><b>4 Minimal</b> -displays frustration -bends the rules to suit own needs -complains about others not following rules</p>	<p><b>2 Poor</b> -concerns for self only -criticizes teammates -cheats, and sabotages games if not winning</p>	<p align="center">/10</p>
<p><b>Activity Skill</b></p>	<p><b>10 Outstanding</b> -level of mastery achieved in skill -exceptional understanding of the skills and strategy utilized</p>	<p><b>8 Excellent</b> -skill development is refined in most areas -meeting challenges of higher level skills -high level of understanding of skills and strategy utilized</p>	<p><b>6 Proficient</b> -show definite skill development -demonstrates basic skills with relative ease -consistent in understanding of skills and strategy utilized</p>	<p><b>4 Developing</b> -challenged in performing basic skills and strategies -inconsistent performance and effectiveness -poor understanding of skills and strategy utilized</p>	<p><b>2 Poor</b> -skills are inadequate with little or no skill development or improvement -inability to demonstrate skills and strategy utilized</p>	<p align="center">/10</p>