

1º ESO CONTENTS RUBRIC

| | BEHAVIOR AND DAILY ASSESSMENT. | FITNESS AND HEALTH | SPORTS, GAMES AND MOTOR SKILLS | BODY EXPRESSION | OUTDOOR ACTIVITIES |
|--|---|---|--|--|--|
| NO YET OBSERVABLE | <ul style="list-style-type: none"> - Arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing). - Participates and focuses on assigned tasks. - Demonstrates respectful and active listening skills. - Demonstrates safe and appropriate behavior in changing room and sports facilities. - Shows responsibility. - Supports each other's learning. - Shows consideration and encourage others to behave well. - Shows respect and sportmanship. | <ul style="list-style-type: none"> - Student knows about the advantages and risks of different physical activities. - Identifies and apply prevention procedures towards sport competition: materials, preparation and practice condition. - Knows the Fitness components and healthy levels. - Shows an understanding on body posture applied to sports and daily life. - Progression principle in training: autonomy performing activation (WU) and recovery (CD) activities. - Basic knowledge about hydration and nutrition related to physical activities. - Demonstrates a continuous high level of activity on class tasks. | <ul style="list-style-type: none"> - Develops individual sports skills related to athletics (short races, long jump and javelin), badminton (basic position, back court skills and traveling) and handball. - Assesses technical skills. - Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice. - Prevention factors in sports: materials, specific warm up, cool down, recovery and relaxation after sports. - Develop strategic and tactical thinking analyzing game phases (offense- defense) and team decision making. - Values and sports: self- esteem, self- image and achievement feeling. - Demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body. - Demonstrates and applies an understanding of terminology, rules and strategies in selected games. | <ul style="list-style-type: none"> - Demonstrates body awareness in expression activities. - Develops mime and drama practical skills. Shows self-control and intention when presenting sounds, movements and expressions. | <ul style="list-style-type: none"> - Knows concepts about Hiking: outdoor areas features, safety techniques. - Identifies opportunities found in the close environment (school surroundings). - Acquires knowledge of equipment. - Recognizes basic meteorology principles as an influential factor. - Evaluates the impact of outdoor activities on the environment (responsible behavior). |
| BASIC <small>(With assistance)</small> | <ul style="list-style-type: none"> - Rarely arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing). - Participates some times and focuses on assigned tasks. - Demonstrates respectful and active listening skills occasionally. - Demonstrates some safe and appropriate behavior in changing room and sports facilities. - Shows at times responsibility. - Supports each other's learning from time to time. - Shows consideration and encourage others to behave well rarely. - Shows respect and sportmanship once in a while. | <ul style="list-style-type: none"> - Student knows with limits about the advantages and risks of different physical activities. - Identifies and apply some prevention procedures towards sport competition: materials, preparation and practice condition. - Knows some the Fitness components and healthy levels. - Shows a limited understanding on body posture applied to sports and daily life. - Progression principle in training: autonomy performing some activation (WU) and recovery (CD) activities. - Basic knowledge about hydration and nutrition related to physical activities (can answer only basic questions). - Demonstrates a limited continuous high level of activity on class tasks. | <ul style="list-style-type: none"> - Develops some individual sports skills related to athletics (short races, long jump and javelin), badminton (basic position, back court skills and traveling) and handball. - Assesses few components of the technical skills. - Knows some principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice. - Can solve few questions about prevention factors in sports: materials, specific warm up, cool down, recovery and relaxation after sports. - Develops limited strategic and tactical thinking analyzing game phases (offense- defense) and team decision making. - Demonstrates limited knowledge and awareness about values in sports: self- esteem, self- image and achievement feeling. - Demonstrates poor awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body. - Shows and applies limited understanding of terminology, rules and strategies in selected games. | <ul style="list-style-type: none"> - Demonstrates limited body awareness in expression activities. - Develops mime and drama practical skills. Shows self-control and intention when presenting sounds, movements and expressions, with limited inhibition and accuracy. | <ul style="list-style-type: none"> - Knows basic concepts about Hiking: outdoor areas features, safety techniques. - Identifies with restrictions opportunities found in the close environment (school surroundings). - Acquires limited knowledge of equipment. - Recognizes basic meteorology principles as an influential factor. - Evaluates few impacts of outdoor activities on the environment (responsible behavior). |

| | | | | | |
|--|---|---|--|--|---|
| <p>DEVELOPING</p> <p>(Clear attempt, and almost always)</p> | <ul style="list-style-type: none"> - Most of the times arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing). - Participates and focuses on assigned tasks frequently - Demonstrates usually respectful and active listening skills. - Demonstrates considerably often safe and appropriate behavior in changing room and sports facilities. - Shows responsibility quite often. - Supports each other's learning most of the times. - Shows consideration and encourage others to behave well almost always. - Shows respect and sportsmanship regularly. | <ul style="list-style-type: none"> - Student can answer questions about the advantages and risks of different physical activities. - Identifies and apply a considerable amount of prevention procedures towards a sport competition: materials, preparation and practice condition. - Knows most of the Fitness components and healthy levels. - Shows some understanding on body posture applied to sports and daily life. - Progression principle in training: autonomy performing most of the activation (WU) and recovery (CD) activities in order. - Complete knowledge about hydration and nutrition related to physical activities (can answer only basic questions). - Demonstrates a frequent high level of activity on class tasks. | <ul style="list-style-type: none"> - Develops most individual sports skills related to athletics (short races, long jump and javelin), badminton (basic position, back court skills and traveling) and handball. - Assesses main components of the technical skills. - Knows most of the principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice. - Can solve most of the questions about prevention factors in sports: materials, specific warm up, cool down, recovery and relaxation after sports. - Develops significant strategic and tactical thinking analyzing game phases (offense- defense) and team decision making. - Demonstrates important knowledge and awareness about values in sports: self- esteem, self- image and achievement feeling. - Demonstrates good awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body. - Shows and applies enough understanding of terminology, rules and strategies in selected games. | <ul style="list-style-type: none"> - Demonstrates developing body awareness in expression activities. - Develops mime and drama practical skills. Shows self-control and intention when presenting sounds, movements and expressions, with considerable lack of inhibition and accuracy. | <ul style="list-style-type: none"> - Knows major concepts about Hiking: outdoor areas features, safety techniques. - Identifies basic opportunities found in the close environment (school surroundings). - Acquires knowledge of equipment. - Recognizes enough meteorology principles as an influential factor and guesses predictions. - Evaluates main impacts of outdoor activities on the environment (responsible behavior). |
| <p>OUTSANDING</p> <p>(Consistently and creative)</p> | <ul style="list-style-type: none"> - Always arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing). - Participates and focuses on assigned tasks always committed. - Consistently demonstrates respectful and active listening skills. - Always demonstrates safe and appropriate behavior in changing room and sports facilities. - Shows responsibility all the time. - Supports each other's learning as much as needed - Shows always consideration and encourage others to behave well. - Shows respect and sportsmanship during always. | <ul style="list-style-type: none"> - Student can answer and create questions about the advantages and risks of different physical activities. - Identifies and apply most important prevention procedures towards a sport competition: materials, preparation and practice condition. - Knows Fitness components and healthy levels and reflect about them in a creative way. - Shows understanding on body posture applied to sports and daily life and can evaluate it. - Progression principle in training: autonomy performing most of the activation (WU) and recovery (CD) activities in order and create original activities - Complete and extended knowledge about hydration and nutrition related to physical activities (can answer only basic questions). - Demonstrates a continuous high level of activity on class tasks. | <ul style="list-style-type: none"> - Develops all the individual sports skills related to athletics (short races, long jump and javelin), badminton (basic position, back court skills and traveling) and handball. - Assesses components of the technical skills and give proper feedback - Knows all the principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice. - Can solve questions and create new ones about prevention factors in sports: materials, specific warm up, cool down, recovery and relaxation after sports. - Develops active strategic and tactical thinking analyzing game phases (offense- defense) and team decision making. - Demonstrates outstanding knowledge and awareness about values in sports: self- esteem self-image and achievement feeling and help other's development of it. - Demonstrates outstanding awareness of physical conditions involved in sports, specific sports components (ball, players, goal, net, etc...) and own body. - Shows and applies consistently understanding of terminology, rules and strategies in selected games. | <ul style="list-style-type: none"> - Demonstrates excellent and adapted body awareness in expression activities. - Develops mime and drama practical skills. Shows self-control and intention when presenting sounds, movements and expressions, accurately and with great expressiveness. | <ul style="list-style-type: none"> - Knows all the concepts about Hiking needed: outdoor areas features, safety techniques. - Identifies opportunities found in the close environment (school surroundings) and develops new ones. - Acquires responsible knowledge of equipment. - Recognizes meteorology principles as an influential factor and does accurate predictions. - Evaluates the impacts of outdoor activities on the environment (responsible behavior) and creates policies about it. |