

2º 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 others learning. - Shows consideration and encourage others to behave well. - Shows respect and sportmanship. 	<ul style="list-style-type: none"> - Develops specific activities to improve endurance and flexibility. - Know the basic concepts and procedures to use Heart Rate. - Knows Fitness components and manifestations. - Shows understanding on major body systems and in their major parts. - Demonstrates a high level of activity on class tasks. - Describe body posture, its components and explains the main features to improve it. - Implementation of general and specific warm up. - Understands biomechanics principles. 	<ul style="list-style-type: none"> - Show awareness of own skills and develop them in a conscience way according to others. - Develops individual sports skills. - Develops strategic and tactical thinking analyzing game phases (offense- defense). - Demonstrates and applies an understanding of terminology, rules and strategies in selected games. 	<ul style="list-style-type: none"> - Creates an harmonious sequence linked to an specific rhythm. 	<ul style="list-style-type: none"> - Follow tracks independently and respecting the environment and safety rules.
BASIC <i>(with assistance)</i>	<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 others 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"> - Develops with difficulty specific activities to improve endurance and flexibility. - Limited knowledge on concepts and procedures to use Heart Rate. - Limited knowledge about components and manifestations. - Shows basic understanding on major body systems and in their major parts. - Demonstrates a limited a high level of activity on class tasks. - Describe basically body posture, its components and explains the main features to improve it. - Limited Implementation of general and specific warm up. - Limited understandig of biomechanics principles. 	<ul style="list-style-type: none"> - Show limited awareness of own skills and develop them in a conscience way according to others. - Develops some individual sports skills with limited accuracy. - Develops strategic and tactical thinking analyzing game phases (offense- defense) in basic and easy situations. - Demonstrates and applies a basic understanding of terminology, rules and strategies in selected games. 	<ul style="list-style-type: none"> - Creates an harmonious sequence linked to an specific rhythm with limited inhibition and accuracy. 	<ul style="list-style-type: none"> - Follow tracks independently and showing limited respect for environment and safety rules.
DEVELOPING <i>(Clear attempt, and almost always)</i>	<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 others learning most of the times. - Shows consideration and encourage others to behave well almost always. - Shows respect and sportmanship regularly. 	<ul style="list-style-type: none"> - Develops considerable specific activities to improve endurance and flexibility. - Know most of the basic concepts and procedures to use Heart Rate. - Knows most of Fitness components and manifestations. - Shows accurate understanding on major body systems and in their major parts. - Demonstrates often high level of activity on class tasks. - Describe, accurately body posture, its components and explains the main features to improve it. - Mostly accurate Implementation of general and specific warm up. - Understands enough biomechanics principles. 	<ul style="list-style-type: none"> - Show awareness of own skills and develop them in a conscience way according to others, mostly accurately. - Develops most individual sports skills accurately. - Develops strategic and tactical thinking analyzing game phases (offense- defense) in real situations. - Demonstrates and applies a considerable understanding of terminology, rules and strategies in selected games. 	<ul style="list-style-type: none"> - Creates an harmonious sequence linked to an specific rhythm with considerable lack oh inhibition and accuracy. 	<ul style="list-style-type: none"> - Follow tracks independently and mostly respecting the environment and safety rules.
OUTSANDING <i>(Consistently and creative)</i>	<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 others learning as much as needed - Shows always consideration and encourage others to behave well. - Shows respect and sportmanship during always. 	<ul style="list-style-type: none"> - Develops specific activities to improve endurance and flexibility accurately and always. - Know the basic concepts and procedures to use Heart Rate precisely. - Demonstrate insightful knowledge of all Fitness components and manifestations. - Shows deep understanding on major body systems and in their major parts. - Demonstrates a high level of activity on class tasks. - Describe body posture, its components and explains the main features to improve it accurately. - Accurate Implementation of general and specific warm up. - Understands with high level of clarity biomechanics principles. 	<ul style="list-style-type: none"> - Show high awareness of own skills and develop them in a conscience way according to others. - Develops individual sports skills accurately and in complex context. - Develops Deep strategic and tactical thinking analyzing game phases (offense- defense). - Demonstrates and applies insightful understanding of terminology, rules and strategies in selected games. 	<ul style="list-style-type: none"> - Creates an harmonious sequence linked to an specific rhythm accurately and with great expressiveness 	<ul style="list-style-type: none"> - Follow tracks independently and respecting the environment and safety rules considerably.