

3º 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"> - Understands Risks and advantages of different physical activities chosen - Applies Preventive measures before competitive events: materials, preparation and practice condition, levels balance. - Knows training methods and resources for the development of healthy levels of physical qualities. - Shows an understanding on body posture applied to sports and daily life. - Demonstrates knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. - Knowledge about Nutrition: energy balance. 	<ul style="list-style-type: none"> - Develops individual sports skills related to athletics (hurdles races, Fosbury High Jump), badminton (tactics and strategy) and basketball. - Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...). - Assesses technical skills. - Identifies motor skills, physical qualities and learning abilities related to different sports. - Develops strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making. - 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. - Overcomes adapted games and sports situations. 	<ul style="list-style-type: none"> - Understands cultural background of historical and modern dances - Performs group dances and choreographies showing respect and lack of inhibition. 	<ul style="list-style-type: none"> - Orienteering. Maps components, understanding and reading skills. Compass use and other orientation devices (GPS, natural orienteering, etc...). outdoor areas features, safety techniques. - Knowledge and proper use of basic equipment. - Completes an orienteering activity in an outdoor environment using the map and following safety rules. - Recognizes basic meteorology principles as an influential factor - Evaluates the impact of outdoor activities (orienteering) on the environment (responsible behavior). - Identifies opportunities found in the close environment (school surroundings).
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 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"> - Hardly understands and identifies risks and advantages of different physical activities chosen - Applies limited preventive measures before competitive events: materials, preparation and practice condition, levels balance. - Knows a few training methods and resources for the development of healthy levels of physical qualities. - Shows limited understanding on body posture applied to sports and daily life. - Demonstrates a lack of knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. - Limited knowledge about Nutrition: energy balance. 	<ul style="list-style-type: none"> - Develops some individual sports skills related to athletics (hurdles races, Fosbury High Jump), badminton (tactics and strategy) and basketball. - Knows basic principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...). - Assesses some technical skills . - Identifies main motor skills, physical qualities and learning abilities related to different sports. - Develops occasionally strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making. - Rarely demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body. - Limited demonstration, application and understanding of terminology, rules and strategies in selected games. - Overcomes some adapted games and sports situations. 	<ul style="list-style-type: none"> - Hardly understands cultural background of historical and modern dances - Performs group dances and choreographies showing respect and limited lack of inhibition. 	<ul style="list-style-type: none"> - Orienteering. Maps components, limited understanding and reading skills. Poor compass use and other orientation devices (GPS, natural orienteering, etc...). Outdoor areas features, safety techniques. - Basic knowledge and inaccurate use of basic equipment. - Hardly completes an orienteering activity in an outdoor environment using the map and following safety rules. - Recognizes some basic meteorology principles as an influential factor - Evaluates main impacts of outdoor activities (orienteering) on the environment (responsible behavior). - Identifies few opportunities found in the close environment (school surroundings).

<p>DEVELOPING (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 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"> - Understands most of the risks and advantages of different physical activities chosen - Applies main preventive measures before competitive events: materials, preparation and practice condition, levels balance. - Knows enough training methods and resources for the development of healthy levels of physical qualities. Prepares exercises routines. - Shows a significant understanding on body posture applied to sports and daily life. Basic evaluation. - Demonstrates accurate knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. - Acquires knowledge about Nutrition: energy balance. Basic evaluation. 	<ul style="list-style-type: none"> - Develops most individual sports skills related to athletics (hurdles races, Fosbury High Jump), badminton (tactics and strategy) and basketball. - Knows enough principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...). - Assesses most technical skills . - Identifies main motor skills, physical qualities and learning abilities related to different sports. - Develops considerable strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making. - Demonstrates accurate awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc..) and own body. - Enough demonstration, application and understanding of terminology, rules and strategies in most games. - Overcomes most adapted games and sports situations. 	<ul style="list-style-type: none"> - Understands cultural background of historical and modern dances - Performs group dances and choreographies showing respect and lack of inhibition. - Performs group dances with considerable lack of inhibition, accuracy and respect. 	<ul style="list-style-type: none"> - Orienteering. Maps components, enough understanding and reading skills. Basic compass use and other orientation devices (GPS, natural orienteering, etc...). outdoor areas features, safety techniques. - Knowledge and proper use of basic equipment. - Completes an orienteering activity in an outdoor environment using the map and following safety rules. - Recognizes most of the meteorology principles as an influential factor. - Evaluates the impact of outdoor activities (orienteering) on the environment (responsible behavior). - Identifies many opportunities found in the close environment (school surroundings).
<p>OUTSANDING (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 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"> - Understands risks and advantages of different physical activities chosen. Creates feedback questionnaires. - Evaluate and applies preventive measures before competitive events: materials, preparation and practice condition, levels balance. - Knows training methods and development of healthy levels of physical qualities. Creates training session and basic fitness programs. - Shows the ability to evaluate and correct body posture applied to sports and daily life. - Demonstrates accurate and critical knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. Creates new pacing procedures. - Develops a critical, thorough and insightful thinking about nutrition: energy balance. 	<ul style="list-style-type: none"> - Develops consistently individual sports skills related to athletics (hurdles races, Fosbury High Jump), badminton (tactics and strategy) and basketball. - Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...). Create procedures. - Assesses all of the technical skills and creates scales. - Identifies and evaluate motor skills, physical qualities and learning abilities related to different sports. - Develops frequently strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making. - Demonstrates accurate awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc..) and own body. Helps others. - Demonstration, application and understanding of terminology, rules and strategies in games. Competition management and creation of new ones. - Overcomes some adapted games and sports situations. 	<ul style="list-style-type: none"> - Understands cultural background of historical and modern dances and links those cultural issues with other subjects. - Performs group dances and choreographies showing respect, lack of inhibition accuracy and with great expressiveness and respectful attitudes. 	<ul style="list-style-type: none"> - Orienteering. Maps components, accurate and good understanding and reading skills. Consistent and proper compass use and other orientation devices (GPS, natural orienteering, etc...). outdoor areas features, safety techniques. - Critical knowledge and proper use of basic equipment. - Completes successfully an orienteering activity in an outdoor environment using the map and following safety rules. - Recognizes accurately meteorology principles as an influential factor - Evaluates the impact of outdoor activities (orienteering) on the environment (responsible behavior) and develops caring policies. - Identifies and creates opportunities found in the close environment (school surroundings).