

## 1º ESO ASSESSMENT RUBRIC

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

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

## 2º ESO ASSESSMENT RUBRIC

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

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

### 3° ESO ASSESSMENT RUBRIC

BEHAVIOR AND DAILY ASSESSMENT.	FITNESS AND HEALTH	SPORTS, GAMES AND MOTOR SKILLS	BODY EXPRESSION	OUTDOOR ACTIVITIES	
<b>NO YET OBSERVABLE</b>	<ul style="list-style-type: none"> <li>- Arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing).</li> <li>- Participates and focuses on assigned tasks.</li> <li>- Demonstrates respectful and active listening skills.</li> <li>- Demonstrates safe and appropriate behavior in changing room and sports facilities.</li> <li>- Shows responsibility.</li> <li>- Supports each other's learning.</li> <li>- Shows consideration and encourage others to behave well.</li> <li>- Shows respect and sportsmanship.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands Risks and advantages of different physical activities chosen</li> <li>- Applies Preventive measures before competitive events: materials, preparation and practice condition, levels balance.</li> <li>- Knows training methods and resources for the development of healthy levels of physical qualities.</li> <li>- Shows an understanding on body posture applied to sports and daily life.</li> <li>- Demonstrates knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale.</li> <li>- Knowledge about Nutrition: energy balance.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops individual sports skills related to athletics (hurdles races, Fosbury High Jump), badminton (tactics and strategy) and basketball.</li> <li>- Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...).</li> <li>- Assesses technical skills.</li> <li>- Identifies motor skills, physical qualities and learning abilities related to different sports.</li> <li>- Develops strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making.</li> <li>- Demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body.</li> <li>- Demonstrates and applies an understanding of terminology, rules and strategies in selected games.</li> <li>- Overcomes adapted games and sports situations.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands cultural background of historical and modern dances</li> <li>- Performs group dances and choreographies showing respect and lack of inhibition.</li> </ul>	<ul style="list-style-type: none"> <li>- Orienteering. Maps components, understanding and reading skills. Compass use and other orientation devices (GPS, natural orienteering, etc...). outdoor areas features, safety techniques.</li> <li>- Knowledge and proper use of basic equipment.</li> <li>- Completes an orienteering activity in an outdoor environment using the map and following safety rules.</li> <li>- Recognizes basic meteorology principles as an influential factor</li> <li>- Evaluates the impact of outdoor activities (orienteering) on the environment (responsible behavior).</li> <li>- Identifies opportunities found in the close environment (school surroundings).</li> </ul>
<b>BASIC</b> <small>(with assistance)</small>	<ul style="list-style-type: none"> <li>- Rarely arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing).</li> <li>- Participates some times and focuses on assigned tasks.</li> <li>- Demonstrates respectful and active listening skills occasionally.</li> <li>- Demonstrates some safe and appropriate behavior in changing room and sports facilities.</li> <li>- Shows at times responsibility.</li> <li>- Supports each other's learning from time to time.</li> <li>- Shows consideration and encourage others to behave well rarely.</li> <li>- Shows respect and sportmanship once in a while.</li> </ul>	<ul style="list-style-type: none"> <li>- Hardly understands and identifies risks and advantages of different physical activities chosen</li> <li>- Applies limited preventive measures before competitive events: materials, preparation and practice condition, levels balance.</li> <li>- Knows a few training methods and resources for the development of healthy levels of physical qualities.</li> <li>- Shows limited understanding on body posture applied to sports and daily life.</li> <li>- Demonstrates a lack of knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale.</li> <li>- Limited knowledge about Nutrition: energy balance.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops some individual sports skills related to athletics (hurdles races, Fosbury High Jump), badminton (tactics and strategy) and basketball.</li> <li>- Knows basic principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...).</li> <li>- Assesses some technical skills .</li> <li>- Identifies main motor skills, physical qualities and learning abilities related to different sports.</li> <li>- Develops occasionally strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making.</li> <li>- Rarely demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body.</li> <li>- Limited demonstration, application and understanding of terminology, rules and strategies in selected games.</li> <li>- Overcomes some adapted games and sports situations.</li> </ul>	<ul style="list-style-type: none"> <li>- Hardly understands cultural background of historical and modern dances</li> <li>- Performs group dances and choreographies showing respect and limited lack of inhibition.</li> </ul>	<ul style="list-style-type: none"> <li>- Orienteering. Maps components, limited understanding and reading skills. Poor compass use and other orientation devices (GPS, natural orienteering, etc...). Outdoor areas features, safety techniques.</li> <li>- Basic knowledge and inaccurate use of basic equipment.</li> <li>- Hardly completes an orienteering activity in an outdoor environment using the map and following safety rules.</li> <li>- Recognizes some basic meteorology principles as an influential factor</li> <li>- Evaluates main impacts of outdoor activities (orienteering) on the environment (responsible behavior).</li> <li>- Identifies few opportunities found in the close environment (school surroundings).</li> </ul>

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

## 4º ESO ASSESSMENT RUBRIC

	BEHAVIOR AND DAILY ASSESSMENT.	FITNESS AND HEALTH	SPORTS, GAMES AND MOTOR SKILLS	BODY EXPRESSION	OUTDOOR ACTIVITIES
<b>NO YET OBSERVABLE</b>	<ul style="list-style-type: none"> <li>- Arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e.: wears appropriate clothing).</li> <li>- Participates and focuses on assigned tasks.</li> <li>- Demonstrates respectful and active listening skills.</li> <li>- Demonstrates safe and appropriate behavior in changing room and sports facilities.</li> <li>- Shows responsibility.</li> <li>- Supports each other's learning.</li> <li>- Shows consideration and encourage others to behave well.</li> <li>- Shows respect and sportsmanship.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands Risks and advantages of different physical activities chosen</li> <li>- Applies Preventive measures before competitive events: materials, preparation and practice condition, levels balance.</li> <li>- Knows training methods and resources for the development of healthy levels of physical qualities.</li> <li>- Shows an understanding on body posture applied to sports and daily life. Postural imbalance and compensation exercises.</li> <li>- Demonstrates knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. Heart rate monitor.</li> <li>- Knowledge about Nutrition: energy balance and calorie intake.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops individual sports skills related to roller skating: balance actions, center of gravity control, volleyball and racquet games.</li> <li>- Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...).</li> <li>- Assesses technical skills.</li> <li>- Identifies motor skills, physical qualities and learning abilities related to different sports (roller skating, volleyball and racket games).</li> <li>- Develops strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making.</li> <li>- Demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body.</li> <li>- Demonstrates and applies an understanding of terminology, rules and strategies in selected games.</li> <li>- Recognizes recreational value of games and sports.</li> </ul>	<ul style="list-style-type: none"> <li>- Participates in a constructive way developing choreographies using rhythm and musical format (rhythm, musical phrases and blocks).</li> <li>- Performs group dances and choreographies showing respect and lack of inhibition.</li> </ul>	<ul style="list-style-type: none"> <li>- Knows concepts about climbing: outdoor areas features, equipment, safety techniques and qualities involved.</li> <li>- Identifies opportunities found in the close environment (city facilities) and natural areas.</li> <li>- Evaluates the impact of outdoor activities on the environment (responsible and caring behavior).</li> </ul>
<b>BASIC</b> <small>(with assistance)</small>	<ul style="list-style-type: none"> <li>- Rarely arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e: wears appropriate clothing).</li> <li>- Participates some times and focuses on assigned tasks.</li> <li>-Demonstrates respectful and active listening skills occasionally.</li> <li>- Demonstrates some safe and appropriate behavior in changing room and sports facilities.</li> <li>- Shows at times responsibility.</li> <li>- Supports each other's learning from time to time.</li> <li>- Shows consideration and encourage others to behave well rarely.</li> <li>- Shows respect and sportsmanship once in a while.</li> </ul>	<ul style="list-style-type: none"> <li>- Hardly understands and identifies risks and advantages of different physical activities chosen</li> <li>- Applies limited preventive measures before competitive events: materials, preparation and practice condition, levels balance.</li> <li>- Knows a few training methods and resources for the development of healthy levels of physical qualities.</li> <li>- Shows limited understanding on body posture applied to sports and daily life. Postural imbalance and compensation exercises.</li> <li>- Demonstrates a lack of knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. Heart rate monitor.</li> <li>- Limited knowledge about Nutrition: energy balance and calorie intake.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops some individual sports skills related to roller skating: balance actions, center of gravity control, volleyball and racquet games.</li> <li>- Knows basic principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...).</li> <li>- Assesses some technical skills.</li> <li>-Identifies main motor skills, physical qualities and learning abilities related to different sports.</li> <li>- Develops occasionally strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making.</li> <li>- Rarely demonstrates awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc...) and own body.</li> <li>- Limited demonstration, application and understanding of terminology, rules and strategies in selected games.</li> <li>- Overcomes some adapted games and sports situations.</li> <li>- Recognizes recreational value of games and sports.</li> </ul>	<ul style="list-style-type: none"> <li>- Participates in a limited constructive way developing choreographies using rhythm and musical format with limited inhibition and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>- Knows basic concepts about climbing: outdoor areas features, safety techniques, equipment and qualities involved.</li> <li>- Identifies with restrictions opportunities found in the close environment (city facilities) and natural areas.</li> <li>- Acquires limited knowledge of equipment.</li> <li>- Evaluates few impacts of outdoor activities on the environment (responsible and caring behavior).</li> </ul>

<p><b>DEVELOPING</b></p> <p>(Clear attempt, and almost always)</p>	<ul style="list-style-type: none"> <li>- 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).</li> <li>- Participates and focuses on assigned tasks frequently</li> <li>- Demonstrates usually respectful and active listening skills.</li> <li>- Demonstrates considerably often safe and appropriate behavior in changing room and sports facilities.</li> <li>- Shows responsibility quite often.</li> <li>- Supports each other's learning most of the times.</li> <li>- Shows consideration and encourage others to behave well almost always.</li> <li>- Shows respect and sportsmanship regularly.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands most of the risks and advantages of different physical activities chosen</li> <li>- Applies main preventive measures before competitive events: materials, preparation and practice condition, levels balance.</li> <li>- Knows enough training methods and resources for the development of healthy levels of physical qualities. Prepares exercises routines.</li> <li>- Shows a significant understanding on body posture applied to sports and daily life. Basic evaluation. Postural imbalance and compensation exercises.</li> <li>- Demonstrates accurate knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. Heart rate monitor.</li> <li>- Acquires knowledge about Nutrition: energy balance and calorie intake. Basic evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops most individual sports skills related to roller skating: balance actions, center of gravity control, volleyball and racquet games.</li> <li>- Knows enough principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...).</li> <li>- Assesses most technical skills.</li> <li>- Identifies main motor skills, physical qualities and learning abilities related to different sports.</li> <li>- Develops considerable strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making.</li> <li>- Demonstrates accurate awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc..) and own body.</li> <li>- Enough demonstration, application and understanding of terminology, rules and strategies in most games.</li> <li>- Overcomes most adapted games and sports situations.</li> <li>- Recognizes recreational value of games and sports.</li> </ul>	<ul style="list-style-type: none"> <li>- Participates in a constructive way developing choreographies using rhythm and musical format (rhythm, musical phrases and blocks)</li> <li>- Shows a considerable lack of inhibition, accuracy and respect.</li> </ul>	<ul style="list-style-type: none"> <li>- Knows major concepts about climbing: outdoor areas features, safety techniques, equipment and qualities involved.</li> <li>- Identifies basic opportunities found in the close environment (city facilities) and natural areas.</li> <li>- Acquires knowledge of equipment.</li> <li>- Evaluates main impacts of outdoor activities on the environment (responsible and caring behavior).</li> </ul>
<p><b>OUTSANDING</b></p> <p>(Consistently and creative)</p>	<ul style="list-style-type: none"> <li>- Always arrives to class on time, finish with hygienic habits, completes warm up and is prepared for class (i.e.: wears appropriate clothing).</li> <li>- Participates and focuses on assigned tasks always committed.</li> <li>- Consistently demonstrates respectful and active listening skills.</li> <li>- Always demonstrates safe and appropriate behavior in changing room and sports facilities.</li> <li>- Shows responsibility all the time.</li> <li>- Supports each other's learning as much as needed</li> <li>- Shows always consideration and encourage others to behave well.</li> <li>- Shows always respect and sportsmanship.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands risks and advantages of different physical activities chosen. Creates feedback questionnaires.</li> <li>- Evaluate and applies preventive measures before competitive events: materials, preparation and practice condition, levels balance.</li> <li>- Knows training methods and development of healthy levels of physical qualities. Creates training session and basic fitness programs.</li> <li>- Shows the ability to evaluate and correct body posture applied to sports and daily life. Postural imbalance and compensation exercises.</li> <li>- Demonstrates accurate and critical knowledge and practical resources for effort intensity adjustment: heart rate and perceived fatigue scale. Creates new pacing procedures. Heart rate monitor.</li> <li>- Develops a critical, thorough and insightful thinking about nutrition: energy balance and calorie intake.</li> </ul>	<ul style="list-style-type: none"> <li>- Develops consistently individual sports skills related to roller skating: balance actions, center of gravity control, volleyball and racquet games.</li> <li>- Knows principles about different sports and modalities, their injury prevention, effectiveness and safety conditions for practice (equipment, level adjustment, warm up, etc...). Create procedures.</li> <li>- Assesses all of the technical skills and creates scales.</li> <li>- Identifies and evaluate motor skills, physical qualities and learning abilities related to different sports.</li> <li>- Develops frequently strategic and tactical thinking analyzing game phases (offense- defense), specific roles in the game and team decision making.</li> <li>- Demonstrates accurate awareness of physical conditions involved, specific sports components (ball, players, goal, net, etc..) and own body. Helps others.</li> <li>- Demonstration, application and understanding of terminology, rules and strategies in games. Competition management and creation of new ones.</li> <li>- Overcomes some adapted games and sports situations.</li> <li>- Recognizes recreational value of games and sports.</li> </ul>	<ul style="list-style-type: none"> <li>- Participates in a constructive way developing choreographies using rhythm and musical format (rhythm, musical phrases and blocks) with great expressiveness and respectful attitudes.</li> </ul>	<ul style="list-style-type: none"> <li>- Knows all the concepts about climbing: outdoor areas features, safety techniques, equipment and qualities involved.</li> <li>- Identifies opportunities found in the close environment (city facilities) and natural areas.</li> <li>- Acquires responsible knowledge of equipment.</li> <li>- Evaluates the impacts of outdoor activities on the environment (responsible and caring behavior) and creates policies about it.</li> </ul>