

Self-Assessment Rubric for Physical Activity Participation

General Expectation: Participate vigorously and regularly in a variety of physical activities.

Category	Level 1 Infrequently	Level 2 Sometimes	Level 3 Regularly / Frequently	Level 4 Always or Almost Always / Routinely	My Level
Physical Participation	<ul style="list-style-type: none"> - participate in a variety of physical activities - participate as an individual or with others (experience difficulty) 	<ul style="list-style-type: none"> - participate in a variety of physical activities - participate positively as an individual or with others 	<ul style="list-style-type: none"> - participate in a variety of physical activities - participate positively as an individual or with others 	<ul style="list-style-type: none"> - participate actively in a variety of physical activities - participate positively as an individual or with others 	
Initiative	<ul style="list-style-type: none"> - try new activities - take on a leadership role in activities - begin physical activities (rely on others) 	<ul style="list-style-type: none"> - try new activities, with encouragement - lead activities, with encouragement - begin activities, with some encouragement 	<ul style="list-style-type: none"> - try new activities - take a leadership role in activities - begin new activities independently 	<ul style="list-style-type: none"> - try new activities and encourage others to do so - take a leadership role in activities - initiate activities and provide opportunities for others to participate 	
Effort	<ul style="list-style-type: none"> - work hard (go through the motions) - keep from becoming easily distracted from activity and/or distracting others 	<ul style="list-style-type: none"> - work hard, with encouragement - become easily distracted from activity and/or distract others 	<ul style="list-style-type: none"> - demonstrate a determined effort - stay engaged in activity 	<ul style="list-style-type: none"> - strive for personal best - stay engaged in activity and encourage others to do so 	
Enjoyment	<ul style="list-style-type: none"> - demonstrate enjoyment when participating in physical activities 	<ul style="list-style-type: none"> - demonstrate enjoyment when participating in physical activities 	<ul style="list-style-type: none"> - demonstrate enjoyment when participating in physical activities 	<ul style="list-style-type: none"> - demonstrate enjoyment when participating in physical activities 	
Social Interaction	<ul style="list-style-type: none"> - recognize physical activity as a positive opportunity for social interaction - recognize the role that participation in physical activity plays in getting to know and understand self and others 	<ul style="list-style-type: none"> - recognize physical activity as a positive opportunity for social interaction - recognize the role that participation in physical activity plays in getting to know and understand self and others 	<ul style="list-style-type: none"> - recognize physical activity as a positive opportunity for social interaction - recognize the role that participation in physical activity plays in getting to know and understand self and others 	<ul style="list-style-type: none"> - seek out and motivate others to participate together in physical activity - recognize the role that participation in physical activity plays in getting to know and understand self and other 	
Challenge	<ul style="list-style-type: none"> - accept the feelings resulting from challenges, successes, and failures in physical activity - show openness to new challenges or trying new activities 	<ul style="list-style-type: none"> - accept the feelings resulting from challenges, successes, and failures in physical activity - show openness to new challenges or trying new activities 	<ul style="list-style-type: none"> - accept the feelings resulting from challenges, successes, and failures in physical activity - show openness to new challenges and trying new activities 	<ul style="list-style-type: none"> - accept the feelings resulting from challenges, successes, and failures in physical activity and encourage others to do so - show openness to new challenges or trying new activities 	
Respect and Support for Others	<ul style="list-style-type: none"> - play or interact with others - accept others of different ability, culture, or gender - offer positive comments to others 	<ul style="list-style-type: none"> - partner with others - accept others of different ability, culture, or gender - offer positive comments to others 	<ul style="list-style-type: none"> - participate with others - accept others of different ability, culture, or gender - encourage others with positive comments 	<ul style="list-style-type: none"> - initiate changes in partners or groups to resolve conflict or address an imbalance - encourage the inclusion of others of different ability, culture, or gender - encourage others with positive comments 	