

Physical Education

Level 5 – Student performance exceeds year-end standard

Level 4 – Student performance meets year-end standard

Level 3 – Student performance approaches year-end standard

Level 2 – Student demonstrates limited performance to year-end standard

Level 1 – Student does not yet evidence understanding or application of skills related to year-end standard

NOTE: MPI and MPII performance levels are determined based on performance expectations at the time of reporting

Student Performance Standard	Level 1 Below	Level 2 Limited	Level 3 Approaches	Level 4 Meets	Level 5 Exceeds
<i>Kindergarten – 2nd grade</i>					
Demonstrates sport-specific skills.	Demonstrates sport-specific skills with adult guidance and support.	Meets some sport-specific rubric criteria.	Meets most sport-specific rubric criteria.	Meets all sport-specific rubric criteria.	In addition to Level 4 performance, frequently models sport-specific skills for peers and assists peers with applying such skills.
Demonstrates developmentally appropriate fitness ability.	Meets some CT Physical Fitness Test requirements modified to age appropriate levels with adult guidance and support.	Meets some CT Physical Fitness Test requirements modified to age appropriate levels.	Meets most CT Physical Fitness Test requirements modified to age appropriate levels.	Meets all CT Physical Fitness test requirements modified to age appropriate levels.	In addition to Level 4 performance, models for and supports peers with PFT component skills.
<i>3rd – 5th grade</i>					
Demonstrates sports-specific skills.	Demonstrates sport-specific skills with adult guidance and support.	Meets some sport-specific rubric criteria.	Meets most sport-specific rubric criteria.	Meets all sport-specific rubric criteria.	In addition to Level 4 performance, frequently models sport-specific skills for peers and assists peers with applying such skills.
Demonstrates developmentally acceptable fitness ability.	Meets some CT State Fitness requirements with adult guidance and support.	Meets some CT State Fitness requirements.	Meets most CT State Fitness requirements.	Meets all CT State Fitness requirements.	In addition to Level 4 performance, models for and supports peers with PFT component skills.

<i>6th – 8th grade</i>					
Demonstrates sports-specific skills.	Demonstrates sport-specific skills with adult guidance and support.	Meets some sport-specific rubric criteria for individual, dual and team sports; meets some rubric criteria for dance and rhythmical activities.	Meets most sport-specific rubric criteria for individual, dual and team sports; meets most sport-specific criteria for dance and rhythmical activities.	Meets all sport-specific rubric criteria for individual, dual and team sports; meets all sport-specific rubric criteria for dance and rhythmical activities.	In addition to Level 4, uses advanced sport-specific skills in selected activities or uses skills in complex versions of activities (i.e., more players, rules and strategies).
Meets health-related fitness requirements of CT Physical Fitness Test.	Meets some CT State Fitness requirements with adult guidance and support.	Achieves scores on CT Physical Fitness Test in the following ranges based on age: Girls 20-meter PACER: 0 - 14 laps; 15-meter PACER: 0 - 18 laps; One-Mile Walk/Run: more than 12:00 min; Sit and Reach: 0 - 9"; 90° Push-Ups: 0 - 6 push-ups; Curl-Ups: 0 - 17 curl-ups. Boys: 20-meter PACER: 0 - 22 laps; 15-meter PACER: 0 - 29 laps; One-Mile Walk/Run: more than 11:00 min; Sit and Reach: 0 - 7"; 90° Push-Ups: 0 - 7 push-ups; Curl-Ups: 0 - 14 curl-ups.	Achieves scores on CT Physical Fitness Test in the following ranges based on age: Girls 20-meter PACER: 7 – 41 laps; 15-meter PACER: 9 – 54 laps; One-Mile Walk/Run: 9:00 – 12:30 min; Sit and Reach: 9 - 10"; 90° Push-Ups: 7 – 15 push-ups; Curl-Ups: 12 - 29 curl-ups. Boys: 20-meter PACER: 23 - 72 laps; 15-meter PACER: 30 - 94 laps; One-Mile Walk/Run: 8:30 – 11:30 min; Sit and Reach: 8"; 90° Push-Ups: 7 – 20 push-ups; Curl-Ups: 12 - 28 curl-ups.	Achieves scores on CT Physical Fitness Test in the following ranges based on age: Girls 20-meter PACER: more than 41 laps; 15-meter PACER: more than 54 laps; One-Mile Walk/Run: less than 9:00 min; Sit and Reach: not applicable; 90° Push-Ups: more than 15 push-ups; Curl-Ups: more than 29 curl-ups. Boys: 20-meter PACER: more than 72 laps; 15-meter PACER: more than 72 laps; 15 Meter PACER: more than 94 laps; One-Mile Walk/Run: less than 8:30 min; Sit and Reach: not applicable; 90° Push-Ups: more than 20 push-ups; Curl-Ups: more than 28 curl-ups.	In addition to Level 4 performance, exceeds PFT levels; models for and supports peers with PFT component skills.

<p>Develops and meets personal goals to improve fitness and health.</p>	<p>Develops goals and documentation records with adult guidance and support.</p>	<p>Maintains minimal record of physical activity; sets personal goals based on desirability rather than level of activity and fitness testing scores; monitors and reviews goals infrequently; revises plan with adult guidance and support.</p>	<p>Maintains some record of physical activity; sets personal goals based on level of activity and fitness testing scores; monitors and reviews goals periodically; revises goals rather than revise plan.</p>	<p>Maintains regular record of physical activity; sets personal goals based on level of activity and fitness testing scores; monitors and reviews goals frequently; meets/exceeds goals or revises and re-implements plan to meet goals.</p>	<p>In addition to Level 4, sets long-term goals and develops plans for meeting these goals that require endurance-building, strength-training and skill development.</p>
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