

# Observation Rubric | Fundamental Movement Skills | NON-LOCOMOTOR

Balance	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Stance and Posture</b>	Poor stance and posture, lacks balance and stability.	Fair stance and posture, some balance and stability issues.	Good stance and posture, maintains balance and stability.	Excellent stance and posture, perfect balance and stability.
<b>Static Balance</b>	Struggles to maintain balance while standing still.	Can maintain balance briefly but with some difficulty.	Maintains static balance effectively for a reasonable duration.	Exhibits exceptional static balance for extended periods.
<b>Dynamic Balance</b>	Poor dynamic balance, frequently stumbles or loses balance while moving.	Fair dynamic balance, occasional loss of balance during movement.	Demonstrates good dynamic balance while walking or performing simple movements.	Exhibits excellent dynamic balance during complex movements.
<b>Weight Transfer</b>	Struggles with shifting weight from one foot to another.	Can shift weight but lacks precision and control.	Shifts weight smoothly and with control.	Demonstrates precise and controlled weight transfer.
<b>Eyes and Focus</b>	Struggles to maintain focus and balance while looking around.	Can balance with some loss of focus when looking around.	Maintains balance and focus while looking in different directions.	Demonstrates perfect balance and focus regardless of visual distractions.
<b>Effort and Participation</b>	Minimal effort, disengaged during the activity.	Shows some effort but lacks enthusiasm.	Puts in good effort and participates actively.	Demonstrates exceptional effort and enthusiasm.
Twist	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Posture and Alignment</b>	Poor posture, misalignment during the twist.	Fair posture, some misalignment, needs improvement.	Good posture, slight adjustments for optimal alignment.	Excellent posture, maintains alignment throughout the twist.
<b>Range of Motion</b>	Limited range of motion, struggles to complete the twist.	Some range of motion, improvement needed for a full twist.	Good range of motion, completes the twist effectively.	Excellent range of motion, achieves a full and controlled twist.
<b>Core Engagement</b>	Weak core engagement, lacks stability during the twist.	Some core engagement, needs improvement.	Good core engagement, maintains stability throughout the twist.	Excellent core engagement, stable and controlled twist.
<b>Arm Coordination</b>	Poor arm coordination, lack of synchronization with the twist.	Fair arm coordination, needs improvement for smooth movements.	Good arm coordination, arms move in harmony with the twist.	Excellent arm coordination, seamless integration with the twist.
<b>Balance and Control</b>	Poor balance, stumbles or loses balance during the twist.	Fair balance, some instability but recovers quickly.	Good balance, maintains control and stability during the twist.	Excellent balance, steady and controlled throughout the twist.
<b>Direction and Focus</b>	Frequently loses direction and seems distracted during the twist.	Occasionally deviates from the intended path but refocuses.	Stays on course and maintains reasonable focus.	Performs a precise twist with unwavering focus.
Stretch	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Flexibility</b>	Limited flexibility, struggles to reach a comfortable stretch.	Some flexibility, improvement needed for a full stretch.	Good flexibility, achieves a comfortable and effective stretch.	Excellent flexibility, reaches a full and controlled stretch easily.
<b>Body Alignment</b>	Poor body alignment, improper form during the stretch.	Fair body alignment, some misalignment, needs improvement.	Good body alignment, slight adjustments for optimal stretch.	Excellent body alignment, maintains proper form throughout the stretch.
<b>Range of Motion</b>	Limited range of motion, difficulty in performing the stretch.	Some range of motion, improvement needed for a full stretch.	Good range of motion, completes the stretch effectively.	Excellent range of motion, achieves a full and controlled stretch.
<b>Duration and Consistency</b>	Short duration, struggles to hold the stretch, lacks consistency.	Moderate duration, needs improvement in consistency.	Appropriate duration, holds the stretch consistently.	Extended duration, demonstrates consistent and prolonged stretching.
<b>Breathing and Relaxation</b>	Irregular or shallow breathing, tense during the stretch.	Some focus on breathing, needs improvement in relaxation.	Consistent and mindful breathing, maintains some relaxation.	Deep and controlled breathing, fully relaxed during the stretch.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the stretching activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in the stretch.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Fall While Moving</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Body Awareness</b>	Limited awareness of body position during a fall, leading to uncontrolled impact.	Developing awareness, some attempt to control body position during a fall.	Good body awareness, actively attempts to position the body to reduce impact.	Excellent body awareness, instinctively and effectively positions the body to minimize impact.
<b>Rolling Technique</b>	No attempt or incorrect execution of rolling to dissipate impact.	Developing rolling technique, but room for improvement.	Good rolling technique, reduces impact effectively during a fall.	Excellent rolling technique, seamlessly integrates rolling to minimize impact.
<b>Limbs Protection</b>	Limbs left unprotected, leading to potential injury upon impact.	Some attempt to shield limbs during a fall.	Protects limbs well, minimizing the risk of injury.	Excellently shields limbs, demonstrating a high level of limb protection during a fall.
<b>Flexibility and Adaptability</b>	Limited flexibility and adaptability, struggles to adjust body position during a fall.	Developing flexibility and adaptability, but improvements are needed.	Good flexibility and adaptability, adjusts position effectively during a fall.	Excellent flexibility and adaptability, effortlessly adapts to changing fall dynamics.
<b>Surface Interaction</b>	Poor interaction with the surface, resulting in uncontrolled impact.	Developing skills in using the surface to reduce impact.	Effectively uses the surface to minimize impact during a fall.	Mastery in utilizing the surface, significantly reducing the force of impact.
<b>Recovery Readiness</b>	Limited readiness to recover after a fall.	Developing readiness, takes time to regroup after falling.	Quickly recovers and resumes normal activity after a fall.	Excellent recovery readiness, seamlessly transitions back into activity after a fall.

<b>Stop</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Awareness and Reaction Time</b>	Limited awareness, slow or no reaction to the need to stop.	Developing awareness, somewhat delayed reaction to the need to stop.	Good awareness, reacts promptly and effectively to initiate the stop.	Excellent awareness, anticipates the need to stop and responds rapidly.
<b>Braking Technique</b>	Poor braking technique, struggles to come to a complete stop.	Developing braking technique, improvement needed for a smooth stop.	Good braking technique, stops smoothly and under control.	Excellent braking technique, executes a controlled and efficient stop.
<b>Body Alignment and Posture</b>	Poor body alignment, incorrect posture during the stopping process.	Fair body alignment, some misalignment, needs improvement.	Good body alignment, makes adjustments for optimal stopping.	Excellent body alignment, maintains proper form throughout the stopping process.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during the stop.	Fair balance, some wobbling during the stopping process.	Good balance, maintains control and stability during the stop.	Excellent balance, quickly achieves and maintains stability during the stop.
<b>Controlled Deceleration</b>	Uncontrolled deceleration, difficulty slowing down smoothly.	Developing controlled deceleration, needs improvement for a smooth stop.	Good controlled deceleration, slows down smoothly and predictably.	Excellent controlled deceleration, achieves a smooth and controlled stop.
<b>Direction and Focus</b>	Frequently loses direction during the stopping process.	Occasionally deviates from the intended stopping path but refocuses.	Maintains direction and focuses on stopping effectively.	Stops with precision, staying on the optimal stopping path.
<b>Effort and Adaptability</b>	Minimal effort, disengaged during the stopping activity.	Shows some effort but lacks full engagement in stopping.	Puts in good effort and actively participates in the stopping process.	Demonstrates exceptional effort and adaptability throughout the stopping activity.

<b>Hold an Object</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Grip Strength and Control</b>	Weak grip, struggles to maintain control of the object.	Developing grip strength, occasional loss of control.	Good grip strength and control, maintains a secure hold.	Excellent grip strength and control, unwavering hold on the object.
<b>Posture and Body Alignment</b>	Poor posture and misalignment while holding the object.	Fair posture, some misalignment, needs improvement.	Good posture, slight adjustments for optimal alignment.	Excellent posture, maintains optimal alignment throughout the object hold.
<b>Stability and Balance</b>	Poor stability, struggles to maintain balance while holding the object.	Fair stability, some wobbling, needs improvement.	Good stability, maintains control and balance during the object hold.	Excellent stability, steady and controlled throughout the entire object hold.
<b>Arm and Shoulder Endurance</b>	Weak arm and shoulder endurance, fatigue sets in quickly.	Developing endurance, experiences some fatigue during the hold.	Good arm and shoulder endurance, maintains control with minimal fatigue.	Excellent arm and shoulder endurance, sustains a strong and controlled hold.

<b>Breathing and Focus</b>	Irregular or shallow breathing, lacks focus on the object hold.	Some focus on breathing, needs improvement in maintaining concentration.	Consistent and mindful breathing, maintains focus on the object hold.	Deep and controlled breathing, unwavering focus throughout the entire object hold.
<b>Adaptability to Object Characteristics</b>	Struggles to adapt to the characteristics of the object being held.	Developing adaptability, needs improvement in adjusting to object features.	Good adaptability, effectively adjusts to the specific characteristics of the object.	Excellent adaptability, seamlessly accommodates and manages any variations in object features.

<b>Push Against Something</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Body Alignment and Posture</b>	Poor body alignment, incorrect posture during the push.	Fair body alignment, some misalignment, needs improvement.	Good body alignment, makes adjustments for optimal pushing.	Excellent body alignment, maintains proper form throughout the push.
<b>Strength and Force Generation</b>	Weak force generation, struggles to produce effective pushing strength.	Developing strength, improvement needed for more forceful pushes.	Good strength and force generation, pushes with effectiveness.	Excellent strength and force generation, produces powerful pushes effortlessly.
<b>Range of Motion</b>	Limited range of motion, difficulty in achieving a full push.	Some range of motion, improvement needed for a complete push.	Good range of motion, completes the push effectively.	Excellent range of motion, achieves a full and controlled push easily.
<b>Joint Stability</b>	Limited joint stability, experiences joint movement during the push.	Some joint stability, improvement needed to prevent joint movement.	Good joint stability, minimal joint movement during the push.	Excellent joint stability, no noticeable joint movement throughout the entire push.
<b>Breathing and Timing</b>	Irregular or shallow breathing, lacks synchronization with the push.	Some focus on breathing, needs improvement in timing.	Consistent and mindful breathing, synchronizes well with the push.	Deep and controlled breathing, perfectly timed with the pushing movement.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the pushing activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in the push.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Turn</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Spinal Alignment</b>	Poor posture and misalignment during the turn.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal turning.	Excellent posture, maintains proper form throughout the turn.
<b>Rotation and Twist Range</b>	Limited rotation and twist range, struggles to achieve a comfortable turn.	Developing range, improvement needed for a full range of motion.	Good rotation and twist range, achieves a comfortable and effective turn.	Excellent rotation and twist range, executes a full and controlled turn easily.
<b>Balance and Coordination</b>	Poor balance, struggles to maintain balance during the turn.	Fair balance, some wobbling, needs improvement.	Good balance, maintains control and stability during the turn.	Excellent balance, steady and controlled throughout the entire turn.
<b>Footwork and Turning Technique</b>	Poor footwork and turning technique, uncoordinated movements.	Developing technique, improvement needed for a more controlled turn.	Good footwork and turning technique, executes a controlled and effective turn.	Excellent footwork and turning technique, demonstrates a flawless and efficient turn.
<b>Direction and Focus</b>	Frequently loses direction during the turn.	Occasionally deviates from the intended path but refocuses.	Maintains direction and focuses on turning effectively.	Turns with precision, staying on the optimal turning path.
<b>Effort and Adaptability</b>	Minimal effort, disengaged during the turning activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in the turn.	Demonstrates exceptional effort and adaptability throughout the turning activity.

<b>Lift</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Form and Technique</b>	Poor lifting form, struggles to execute a proper lift.	Developing technique, improvement needed for a more controlled lift.	Good lifting form and technique, executes a controlled and effective lift.	Excellent lifting form and technique, demonstrates a flawless and efficient lift.
<b>Strength and Force Generation</b>	Weak force generation, struggles to produce effective lifting strength.	Developing strength, improvement needed for more forceful lifts.	Good strength and force generation, lifts with effectiveness.	Excellent strength and force generation, produces powerful lifts effortlessly.
<b>Range of Motion</b>	Limited range of motion, difficulty in achieving a full lift.	Some range of motion, improvement needed for a complete lift.	Good range of motion, completes the lift effectively.	Excellent range of motion, achieves a full and controlled lift easily.
<b>Joint Stability</b>	Limited joint stability, experiences joint movement during the lift.	Some joint stability, improvement needed to prevent joint movement.	Good joint stability, minimal joint movement during the lift.	Excellent joint stability, no noticeable joint movement throughout the entire lift.
<b>Breathing and Timing</b>	Irregular or shallow breathing, lacks synchronization with the lift.	Some focus on breathing, needs improvement in timing.	Consistent and mindful breathing, synchronizes well with the lift.	Deep and controlled breathing, perfectly timed with the lifting movement.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the lifting activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in the lift.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Swing Holding Onto a Bar</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment during the swing.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal swinging.	Excellent posture, maintains proper form throughout the swing.
<b>Swing Arc and Range of Motion</b>	Limited swing arc and range of motion, struggles to achieve a full swing.	Some swing arc, improvement needed for a complete swing.	Good swing arc and range of motion, completes the swing effectively.	Excellent swing arc and range of motion, achieves a full and controlled swing easily.
<b>Grip and Hand Placement</b>	Weak grip and improper hand placement, struggles to control the swing.	Developing grip strength, improvement needed for a secure swing.	Good grip and hand placement, maintains control throughout the swing.	Excellent grip and hand placement, demonstrates a secure and controlled swing.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during the swing.	Fair balance, some wobbling, needs improvement.	Good balance, maintains control and stability during the swing.	Excellent balance, steady and controlled throughout the entire swing.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during the swing.	Developing coordination, improvement needed for more synchronized swings.	Good timing and coordination, executes a controlled and effective swing.	Excellent timing and coordination, demonstrates a flawless and efficient swing.
<b>Effort and Adaptability</b>	Minimal effort, disengaged during the swinging activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in the swing.	Demonstrates exceptional effort and adaptability throughout the swinging activity.

<b>Pull</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Alignment</b>	Poor posture and misalignment during the pull.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal pulling.	Excellent posture, maintains proper form throughout the pull.
<b>Strength and Force Generation</b>	Weak force generation, struggles to produce effective pulling strength.	Developing strength, improvement needed for more forceful pulls.	Good strength and force generation, pulls with effectiveness.	Excellent strength and force generation, produces powerful pulls effortlessly.
<b>Range of Motion</b>	Limited range of motion, difficulty in achieving a full pull.	Some range of motion, improvement needed for a complete pull.	Good range of motion, completes the pull effectively.	Excellent range of motion, achieves a full and controlled pull easily.
<b>Joint Stability</b>	Limited joint stability, experiences joint movement during the pull.	Some joint stability, improvement needed to prevent joint movement.	Good joint stability, minimal joint movement during the pull.	Excellent joint stability, no noticeable joint movement throughout the entire pull.
<b>Grip and Hand Placement</b>	Weak grip and improper hand placement, struggles to control the pull.	Developing grip strength, improvement needed for a secure pull.	Good grip and hand placement, maintains control throughout the pull.	Excellent grip and hand placement, demonstrates a secure and controlled pull.
<b>Breathing and Timing</b>	Irregular or shallow breathing, lacks synchronization with the pull.	Some focus on breathing, needs improvement in timing.	Consistent and mindful breathing, synchronizes well with the pull.	Deep and controlled breathing, perfectly timed with the pulling movement.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the pulling activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in the pull.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Carry</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment while carrying the object.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal object carrying.	Excellent posture, maintains proper form throughout the object carrying.
<b>Grip Strength and Control</b>	Weak grip, struggles to maintain control of the object.	Developing grip strength, occasional loss of control.	Good grip strength and control, maintains a secure hold on the object.	Excellent grip strength and control, unwavering hold on the object.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability while carrying the object.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during object carrying.	Excellent balance, steady and controlled throughout the entire object carrying.
<b>Adaptability to Object Characteristics</b>	Struggles to adapt to the characteristics of the object being carried.	Developing adaptability, needs improvement in adjusting to object features.	Good adaptability, effectively adjusts to the specific characteristics of the object.	Excellent adaptability, seamlessly accommodates and manages any variations in object features.
<b>Movement Efficiency</b>	Inefficient and uncoordinated movements while carrying the object.	Developing movement efficiency, improvement needed for smoother carrying.	Good movement efficiency, executes a controlled and effective object carrying.	Excellent movement efficiency, demonstrates a flawless and efficient object carrying.

<b>Direction and Focus</b>	Frequently loses direction and seems distracted while carrying the object.	Occasionally deviates from the intended path but refocuses.	Maintains direction and reasonable focus during object carrying.	Carries the object with precision, staying on the optimal path with unwavering focus.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the object carrying activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in object carrying.	Demonstrates exceptional effort and persistent engagement throughout.

# Observation Rubric | Fundamental Movement Skills | MANIPULATIVE

Strike	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Posture and Body Alignment</b>	Poor posture and misalignment during the strike.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal striking.	Excellent posture, maintains proper form throughout the strike.
<b>Striking Technique</b>	Inefficient and uncoordinated striking movements.	Developing technique, improvement needed for smoother striking.	Good striking technique, executes a controlled and effective strike.	Excellent striking technique, demonstrates a flawless and efficient strike.
<b>Power and Force Generation</b>	Weak force generation, struggles to produce effective striking power.	Developing strength, improvement needed for more forceful strikes.	Good power and force generation, strikes with effectiveness.	Excellent power and force generation, produces powerful strikes effortlessly.
<b>Target Accuracy</b>	Frequently misses the target during the strike.	Occasionally deviates from the intended target but refocuses.	Maintains reasonable accuracy in striking the target.	Strikes with precision, consistently hitting the intended target.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during the strike.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during the strike.	Excellent balance, steady and controlled throughout the entire striking movement.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during the strike.	Developing coordination, improvement needed for more synchronized strikes.	Good timing and coordination, executes a controlled and effective strike.	Excellent timing and coordination, demonstrates a flawless and efficient strike.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the striking activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in striking.	Demonstrates exceptional effort and persistent engagement throughout.

Catch Two-handed	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Hand-Eye Coordination</b>	Poor hand-eye coordination, frequently misses the object.	Fair hand-eye coordination, occasional misses or fumbles.	Good hand-eye coordination, consistently catches the object.	Excellent hand-eye coordination, rarely misses and catches with ease.
<b>Arm</b>	Elbows extended, arms straight in preparation.	Elbows flexed in anticipation of catch.	Elbows flexed, hands are in the correct position. (Pinkies together if below the belly button, thumbs together if above.)	Bend to cradle the ball with the chest or whole body if necessary.
<b>Timing</b>	Poor timing often mistimes the catch.	Fair timing, occasionally mistimes the catch.	Good timing, consistently times the catch accurately.	Excellent timing, rarely mistimes the catch.
<b>Body positioning</b>	Waits for the ball to come to them.	Feet are shoulder-width apart, with their body square to the thrower.	Can occasionally move into the flight path of the ball.	On their toes, move into the flight path consistently.
<b>Effort and Participation</b>	Minimal effort, disengaged during the activity.	Shows some effort but lacks enthusiasm.	Puts in good effort and participates actively.	Demonstrates exceptional effort and enthusiasm.

Toss Underhand	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Body Alignment and Posture</b>	Poor posture and misalignment during the toss.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal tossing.	Excellent posture, maintains proper form throughout the toss.
<b>Tossing Technique</b>	Inefficient and uncoordinated tossing movements.	Developing technique, improvement needed for smoother tossing.	Good tossing technique, executes a controlled and effective toss.	Excellent tossing technique, demonstrates a flawless and efficient toss.
<b>Accuracy and Targeting</b>	Frequently misses the target during the toss.	Occasionally deviates from the intended target but refocuses.	Maintains reasonable accuracy in tossing to the target.	Tosses with precision, consistently hitting the intended target.
<b>Power and Distance</b>	Weak force generation, struggles to achieve an effective toss.	Developing strength, improvement needed for more forceful tosses.	Good power and force generation, tosses with reasonable distance.	Excellent power and force generation, achieves a full and controlled toss easily.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during the toss.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during the toss.	Excellent balance, steady and controlled throughout the entire tossing movement.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during the toss.	Developing coordination, improvement needed for more synchronized tosses.	Good timing and coordination, executes a controlled and effective toss.	Excellent timing and coordination, demonstrates a flawless and efficient toss.
<b>Effort and Persistence</b>	Minimal effort, disengaged during the tossing activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in tossing.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Kick</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Technique</b>	Kicks with tips of toes, feet close together planted square, and non-kicking foot is often far behind or in front of the ball.	Inconsistent non-kicking foot placement beside the ball, the ball sometimes flies too high.	Keeps eyes on the ball during the kick. Steps quickly toward the ball, landing on the non-kicking foot. Non-kicking foot is pointed at the target. Toes are pointed down on the kicking foot, ball contacts laces (not toes.)	Leans back as kick begins. Can kick with inside, outside, and laces depending on where to place the ball.
<b>Accuracy</b>	Kicks off-target consistently.	Kicks somewhat on target but with frequent inaccuracies.	Kicks on target with occasional inaccuracies.	Kicks consistently on target with great accuracy.
<b>Power</b>	Lacks kicking power, unable to generate force.	Kicks with limited power, inconsistent force.	Kicks with reasonable power and consistent force.	Kicks with significant power and excellent force control.
<b>Control and Direction</b>	Struggles with ball control and direction.	Demonstrates fair control but lacks consistency in direction.	Maintains good control and direction.	Exhibits excellent ball control and precise direction.
<b>Follow-Through</b>	Lacks follow-through after the kick.	Shows some follow-through but with inconsistency.	Demonstrates good follow-through after the kick.	Exhibits excellent follow-through consistently, where arms/upper body rotates in opposition to the kicking leg.
<b>Effort and Participation</b>	Minimal effort, disengaged during the activity.	Shows some effort but lacks enthusiasm.	Puts in good effort and participates actively.	Demonstrates exceptional effort and enthusiasm.
<b>Throw Overhand</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Body Movement</b>	Feet stay still.	Steps forward with the throwing foot.	Faces their body square to the target, step forward with the opposite foot, and uses pendulum arm motion.	Points the non-throwing arm toward the target, whole body rocks forward, and lead motion with the wrist of the throwing arm.
<b>Throwing Accuracy</b>	Throws off-target consistently.	Throws somewhat on target but with frequent inaccuracies.	Throws on target with occasional inaccuracies.	Throws consistently on target with great accuracy.
<b>Throwing Distance</b>	Throws with minimal distance.	Throws with moderate distance but lacks power.	Throws with a reasonable distance and power.	Throws with significant distance and excellent power.
<b>Follow-through</b>	Lacks follow-through after the throw.	Shows some follow-through but with inconsistency.	Demonstrates good follow-through after the throw.	Follow through to the floor with the throwing arm.
<b>Effort and Participation</b>	Minimal effort, disengaged during the activity.	Shows some effort but lacks enthusiasm.	Puts in good effort and participates actively.	Demonstrates exceptional effort and enthusiasm.
<b>Dribble</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Body Alignment and Posture</b>	Poor posture and misalignment during dribbling.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal dribbling.	Excellent posture, maintains proper form throughout dribbling.
<b>Ball Control and Handling</b>	Inefficient and uncoordinated ball control.	Developing control, improvement needed for smoother dribbling.	Good ball control, executes a controlled and effective dribble.	Excellent ball control, demonstrates flawless and efficient dribbling.
<b>Accuracy and Targeting</b>	Frequently loses control of the ball and deviates from the intended path.	Occasionally deviates from the intended path but regains control.	Maintains reasonable accuracy in dribbling along the intended path.	Dribbles with precision, consistently following the intended path.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility.	Moves quickly with excellent agility and quick changes in direction.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during dribbling.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during dribbling.	Excellent balance, steady and controlled throughout the entire dribbling.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during dribbling.	Developing coordination, improvement needed for more synchronized dribbling.	Good timing and coordination, executes a controlled and effective dribble.	Excellent timing and coordination, demonstrates a flawless and efficient dribble.
<b>Effort and Persistence</b>	Minimal effort, disengaged during dribbling activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in dribbling.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Trap with Two Hands</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Body Alignment and Posture</b>	Poor posture and misalignment during trapping.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal trapping.	Excellent posture, maintains proper form throughout trapping.
<b>Ball Control and Handling</b>	Inefficient and uncoordinated ball control during trapping.	Developing control, improvement needed for smoother trapping.	Good ball control, executes a controlled and effective trap.	Excellent ball control, demonstrates flawless and efficient trapping.
<b>Accuracy and Targeting</b>	Frequently misses the intended target when trapping.	Occasionally deviates from the intended target but regains control.	Maintains reasonable accuracy in trapping the ball.	Traps with precision, consistently hitting the intended target.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during trapping.	Developing coordination, improvement needed for more synchronized trapping.	Good timing and coordination, executes a controlled and effective trap.	Excellent timing and coordination, demonstrates a flawless and efficient trap.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during trapping.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during trapping.	Excellent balance, steady and controlled throughout the entire trapping.
<b>Effort and Persistence</b>	Minimal effort, disengaged during trapping activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in trapping.	Demonstrates exceptional effort and persistent engagement throughout.



# Observation Rubric | Fundamental Movement Skills | LOCOMOTOR

Skip	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Posture and Body Alignment</b>	Poor posture and misalignment during skipping.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal skipping.	Excellent posture, maintains proper form throughout skipping.
<b>Coordination and Rhythm</b>	Inefficient and uncoordinated skipping movements.	Developing coordination, improvement needed for smoother skipping.	Good coordination and rhythm, executes a controlled and effective skip.	Excellent coordination and rhythm, demonstrates a flawless and efficient skip.
<b>Balance and Stability:</b>	Poor balance, struggles to maintain stability during skipping.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during skipping.	Excellent balance, steady and controlled throughout the entire skipping.
<b>Height and Power</b>	Limited height and power in the skip.	Developing power, improvement needed for a more forceful skip.	Good height and power, achieves a reasonable skip.	Excellent height and power, executes a full and controlled skip easily.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during skipping.	Developing coordination, improvement needed for more synchronized skips.	Good timing and coordination, executes a controlled and effective skip.	Excellent timing and coordination, demonstrates a flawless and efficient skip.
<b>Effort and Persistence</b>	Minimal effort, disengaged during skipping activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in skipping.	Demonstrates exceptional effort and persistent engagement throughout.

Roll	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Body Alignment and Posture</b>	Poor body alignment and misalignment during the roll.	Fair body alignment, some misalignment, needs improvement.	Good body alignment, makes adjustments for optimal rolling.	Excellent body alignment, maintains proper form throughout the roll.
<b>Technique and Coordination</b>	Inefficient and uncoordinated rolling movements.	Developing technique, improvement needed for smoother rolling.	Good rolling technique, executes a controlled and effective roll.	Excellent rolling technique, demonstrates a flawless and efficient roll.
<b>Direction and Rotation</b>	Frequently loses direction and struggles with rotation during the roll.	Occasionally deviates from the intended path but refocuses.	Maintains direction and rotation reasonably well during the roll.	Rolls with precision, staying on the optimal path with controlled rotation.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability while rolling.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during the roll.	Excellent balance, steady and controlled throughout the entire roll.
<b>Effort and Adaptability</b>	Minimal effort, disengaged during the rolling activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in rolling.	Demonstrates exceptional effort and adaptability throughout the rolling activity.
<b>Flexibility and Range of Motion</b>	Limited flexibility, struggles to achieve a comfortable and effective roll.	Developing flexibility, improvement needed for a full range of motion.	Good flexibility and range of motion, achieves a comfortable and effective roll.	Excellent flexibility and range of motion, executes a full and controlled roll easily.
<b>Breathing and Relaxation</b>	Irregular or shallow breathing, lacks relaxation during the roll.	Some focus on breathing, needs improvement in relaxation.	Consistent and mindful breathing, maintains some relaxation during the roll.	Deep and controlled breathing, fully relaxed during the entire rolling movement.

Slide	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
<b>Body Alignment and Posture</b>	Poor posture and misalignment during sliding.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal sliding.	Excellent posture, maintains proper form throughout sliding.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during sliding.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during sliding.	Excellent balance, steady and controlled throughout the entire sliding.
<b>Sliding Technique</b>	Inefficient and uncoordinated sliding movements.	Developing technique, improvement needed for smoother sliding.	Good sliding technique, executes a controlled and effective slide.	Excellent sliding technique, demonstrates a flawless and efficient slide.
<b>Direction and Control</b>	Frequently loses direction and control during sliding.	Occasionally deviates from the intended path but refocuses.	Maintains reasonable direction and control during sliding.	Slides with precision, following the intended path with unwavering control.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility.	Moves quickly with excellent agility and quick changes in direction.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during sliding.	Developing coordination, improvement needed for more synchronized slides.	Good timing and coordination, executes a controlled and effective slide.	Excellent timing and coordination, demonstrates a flawless and efficient slide.
<b>Effort and Persistence</b>	Minimal effort, disengaged during sliding activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in sliding.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Walk</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment during walking.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal walking.	Excellent posture, maintains proper form throughout walking.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability while walking.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during walking.	Excellent balance, steady and controlled throughout the entire walk.
<b>Stride Length and Step Placement</b>	Inconsistent stride length and awkward step placement.	Developing stride length, improvement needed for more consistent steps.	Good stride length and step placement, walks with a regular gait.	Excellent stride length and step placement, demonstrates a natural and efficient walking pattern.
<b>Swing and Coordination</b>	Limited or uncoordinated arm swing while walking.	Developing arm coordination, improvement needed for smoother arm swing.	Good arm swing and coordination, moves arms in sync with the legs.	Excellent arm swing and coordination, demonstrates a natural and efficient arm movement during walking.
<b>Direction and Control</b>	Frequently loses direction and struggles with control while walking.	Occasionally deviates from the intended path but refocuses.	Maintains reasonable direction and control during walking.	Walks with precision, following the intended path with unwavering control.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility.	Moves quickly with excellent agility and quick changes in direction.
<b>Effort and Persistence</b>	Minimal effort, disengaged during walking activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in walking.	Demonstrates exceptional effort and persistent engagement throughout.
<b>Leap One Foot to the Other</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment during leaping.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal leaping.	Excellent posture, maintains proper form throughout leaping.
<b>Takeoff and Landing Technique</b>	Inefficient and uncoordinated takeoff and landing movements.	Developing technique, improvement needed for smoother leaping.	Good takeoff and landing technique, executes a controlled and effective leap.	Excellent takeoff and landing technique, demonstrates a flawless and efficient leap.
<b>Height and Power</b>	Limited height and power in the leap.	Developing power, improvement needed for a more forceful leap.	Good height and power, achieves a reasonable leap.	Excellent height and power, executes a full and controlled leap easily.
<b>Direction and Control</b>	Frequently loses direction and struggles with control during leaping.	Occasionally deviates from the intended path but refocuses.	Maintains reasonable direction and control during leaping.	Leaps with precision, following the intended path with unwavering control.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction during the leap.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility during the leap.	Moves quickly with excellent agility and quick changes in direction during the leap.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during leaping.	Developing coordination, improvement needed for more synchronized leaps.	Good timing and coordination, executes a controlled and effective leap.	Excellent timing and coordination, demonstrates a flawless and efficient leap.
<b>Effort and Persistence</b>	Minimal effort, disengaged during leaping activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in leaping.	Demonstrates exceptional effort and persistent engagement throughout.
<b>Dodge</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment during dodging.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal dodging.	Excellent posture, maintains proper form throughout dodging.
<b>Direction and Control</b>	Frequently loses direction and struggles with control during dodging.	Dodges with precision, following the intended path with unwavering control.	Maintains reasonable direction and control during dodging.	Occasionally deviates from the intended path but refocuses.
<b>Timing and Coordination</b>	Poor timing and coordination, uncoordinated movements during dodging.	Developing coordination, improvement needed for more synchronized dodges.	Good timing and coordination, executes a controlled and effective dodge.	Excellent timing and coordination, demonstrates a flawless and efficient dodge.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction during dodging.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility during dodging.	Moves quickly with excellent agility and quick changes in direction during dodging.
<b>Reaction Time</b>	Slow reaction time, difficulty anticipating and avoiding obstacles.	Developing reaction time, improvement needed for quicker responses.	Good reaction time, effectively anticipates and avoids obstacles.	Excellent reaction time, reacts swiftly and efficiently to avoid obstacles.
<b>Effort and Persistence</b>	Minimal effort, disengaged during dodging activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in dodging.	Demonstrates exceptional effort and persistent engagement throughout.

<b>Hop (One Foot)</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Balance and Stability</b>	Poor balance, frequently loses balance or falls while hopping.	Fair balance, occasional loss of balance but recovers.	Good balance, maintains stability while hopping.	Excellent balance, steady and controlled hopping.
<b>Height and Distance</b>	Hops very low or covers minimal distance.	Hops at a moderate height and distance but with limited control.	Hops at a reasonable height and distance with good control.	Hops with significant height and covers a substantial distance with excellent control.
<b>Landing</b>	Frequently lands awkwardly or loses balance upon landing.	Lands somewhat gracefully but with occasional loss of balance.	Lands gracefully and maintains balance upon landing.	Lands with exceptional grace and maintains perfect balance upon landing.
<b>Rhythm and Coordination</b>	Lacks a consistent rhythm and struggles with coordination.	Demonstrates a moderate rhythm and coordination but with some inconsistencies.	Maintains a good rhythm and coordination throughout the hop.	Exhibits excellent rhythm and perfect coordination during the hop.
<b>Effort and Participation</b>	Minimal effort, disengaged during the activity.	Shows some effort but lacks enthusiasm.	Puts in good effort and participates actively.	Demonstrates exceptional effort and enthusiasm.
<b>Climb</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment during climbing.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal climbing.	Excellent posture, maintains proper form throughout climbing.
<b>Grip and Hand Placement</b>	Weak grip and inefficient hand placement during climbing.	Developing grip strength, improvement needed for more secure hand placement.	Good grip and hand placement, climbs with a controlled and effective grip.	Excellent grip and hand placement, demonstrates a strong and secure grip throughout climbing.
<b>Foot Placement and Stability</b>	Inconsistent foot placement and struggles to maintain stability while climbing.	Developing foot stability, improvement needed for more consistent placement.	Good foot placement and stability, climbs with control and stability.	Excellent foot placement and stability, maintains a steady and controlled climb.
<b>Direction and Control</b>	Frequently loses direction and struggles with control during climbing.	Occasionally deviates from the intended path but refocuses.	Maintains reasonable direction and control during climbing.	Climbs with precision, following the intended path with unwavering control.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction during climbing.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility during climbing.	Moves quickly with excellent agility and quick changes in direction during climbing.
<b>Effort and Persistence</b>	Minimal effort, disengaged during climbing activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in climbing.	Demonstrates exceptional effort and persistent engagement throughout.
<b>Run</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Form</b>	Poor posture and form, leaning forward or backward, arms not coordinated.	Fair posture and form, some signs of proper alignment, but room for improvement.	Good posture and form, runs with straight posture, coordinated arm movement in opposition to legs/leg movement	Excellent posture and form, maintains a straight posture, arms move rhythmically with the legs.
<b>Speed and Coordination</b>	Moves slowly and struggles with coordinating arm and leg movements.	Moves at a moderate speed but lacks smooth coordination between arms and legs.	Moves at a good speed with reasonably coordinated arm and leg movements.	Moves quickly with excellent coordination between arms and legs.
<b>Balance and Control</b>	Poor balance, stumbles or falls frequently.	Fair balance, occasional stumbling but recovers quickly.	Good balance, maintains control and stability.	Excellent balance, steady and controlled throughout the run.
<b>Direction and Focus</b>	Frequently goes off-course and seems distracted.	Occasionally deviates from the intended path but refocuses.	Stays on course and maintains reasonable focus.	Runs a straight path with unwavering focus.
<b>Effort and Participation</b>	Minimal effort, disengaged during the activity.	Shows some effort but lacks enthusiasm.	Puts in good effort and participates actively.	Demonstrates exceptional effort and enthusiasm.
<b>Crawl</b>	<b>EMERGING</b>	<b>DEVELOPING</b>	<b>PROFICIENT</b>	<b>EXTENDING</b>
<b>Posture and Body Alignment</b>	Poor posture and misalignment during crawling.	Fair posture, some misalignment, needs improvement.	Good posture, makes adjustments for optimal crawling.	Excellent posture, maintains proper form throughout crawling.
<b>Limbs Coordination</b>	Inefficient and uncoordinated limb movements during crawling.	Developing coordination, improvement needed for smoother limb movements.	Good limb coordination, executes a controlled and effective crawl.	Excellent limb coordination, demonstrates a flawless and efficient crawl.
<b>Balance and Stability</b>	Poor balance, struggles to maintain stability during crawling.	Fair stability, some wobbling, needs improvement.	Good balance, maintains control and stability during crawling.	Excellent balance, steady and controlled throughout the entire crawl.

<b>Direction and Control</b>	Frequently loses direction and struggles with control during crawling.	Occasionally deviates from the intended path but refocuses.	Maintains reasonable direction and control during crawling.	Crawls with precision, following the intended path with unwavering control.
<b>Speed and Agility</b>	Moves slowly and struggles with quick changes in direction during crawling.	Moves at a moderate speed but lacks smooth agility.	Moves at a good speed with reasonable agility during crawling.	Moves quickly with excellent agility and quick changes in direction during crawling.
<b>Effort and Persistence</b>	Minimal effort, disengaged during crawling activity.	Shows some effort but lacks full engagement.	Puts in good effort and actively participates in crawling.	Demonstrates exceptional effort and persistent engagement throughout.