

A decorative border on the left and right sides of the page, consisting of a vertical chain of interlocking rings in various colors: pink, black, red, green, and blue. The rings are arranged in a repeating pattern, with each ring overlapping the one above and below it.

# Work Habits & Attitude PE Rubric

Need an assessment for PE that is general for any unit? Do you want your students to self-evaluate their effort and attitudes in the gym? Then this is the rubric for you!

# How to use this resource:

This is a resource that was developed to assess and evaluate student's work habits and attitude in a PE class.

This is not intended to be used in isolation to generate PE grades, but as a tool for students to self-evaluate their own habits and attitude during a PE class. Teachers will find this information invaluable in planning their PE units and gauging student engagement.

PE should not solely be evaluated on skill as we all know it is our attitudes towards physical activities that predict later physically active lifestyles. This rubric will give students a chance to reflect on their own attitudes and habits and to notice trends over a school year with different sports and activities.

There are two rubrics included and can be used depending on whether or not the expectations in the class are to change or complete a warm up independently. (stay tuned for warm up ideas from this store!)

I hope this is a useful tool for you in your teaching.

# How have I done with this PE unit:

Highlight or circle where you think you fit during this PE unit.

PE Unit: \_\_\_\_\_

Name: \_\_\_\_\_

	Approaching Expectations	Minimally Meeting Expectations	Fully Meeting Expectations	Exceeding Expectations
<b>PARTICIPATION</b>	Unenthusiastic, gives up. Unmotivated & requires constant encouragement.	Inconsistently motivated, easily discouraged. Requires regular encouragement.	Usually enthusiastic & motivated. Persistent, may need some encouragement when things get hard.	Always enthusiastic, requiring no encouragement. Persists regardless of circumstances.
<b>ETIQUETTE RESPECT, AND FAIR PLAY</b>	At times rude to people or abusive with equipment. Unwilling to take responsibility for actions.	Unable to work productively unless with specific people, reluctant to take responsibility for actions.	Usually demonstrates respect for people and equipment, willingly takes responsibility for actions.	Always demonstrates respect for people & equipment.
<b>RESPONSIBILITY &amp; LEADERSHIP</b>	Unwilling to help or critical of others.	Accepts responsibility only if directed. Ignores others in need.	Usually a positive role model, encourages others. Willingly takes responsibility when asked.	Always a positive role model, helps others. Seeks responsibility. Willing & able to act in a leadership role.

# How have I done with this PE unit:

Highlight or circle where you think you fit during this PE unit.

PE Unit: \_\_\_\_\_

Name: \_\_\_\_\_

	Approaching Expectations	Minimally Meeting Expectations	Fully Meeting Expectations	Exceeding Expectations
<b>PREPARATION</b>	You mean we had to prepare?	Inconsistently prepared.	Always Prepared <b>Good Shoes, active clothing</b>	
<b>WARM UP</b>	Does not complete warm up.	Completes warm up but has little effort.	Completes warm up.	Completes warm up with enthusiasm.
<b>PARTICIPATION</b>	Unenthusiastic, gives up. Unmotivated & requires constant encouragement.	Inconsistently motivated, easily discouraged. Requires regular encouragement.	Usually enthusiastic & motivated. Persistent, may need some encouragement when things get hard.	Always enthusiastic, requiring no encouragement. Persists regardless of circumstances.
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