

Burrillville High School School-Wide Rubric

Expectation:	Value and demonstrate personal and social responsibility
Sub-Expectation	3.4 Make appropriate choices affecting their wellness that contribute to a healthy lifestyle
Requirement:	The student may complete multiple pieces of evidence to complete requirement including but not limited to fitness/nutrition plan, CPR certificate, health brochure, projects designed to increase health and safety of self, family, community and/or the environment.

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CRITERIA	Exceeds Standard	Meets Standard	Needs More Work	Needs More Instruction
Physical Fitness	Develops a highly effective exercise program that utilizes the principles of training to maintain and/or improve fitness.	Develops a generally effective exercise program that utilizes the principles of training to maintain and/or improve fitness. PE 3, PE 4	Develops a partially effective exercise program that utilizes the principles of training to maintain and/or improve fitness.	Develops a minimally effective exercise program that utilizes the principles of training to maintain and/or improve fitness.
Health Advocacy	Exhibits highly developed decision making skills that consistently demonstrates the ability to practice health enhancing behaviors and reduce health risks by advocating for personal, family, community and/or environmental health.	Exhibits adequately developed decision making skills that consistently demonstrates the ability to practice health enhancing behaviors and reduce health risks by advocating for personal, family, community and/or environmental health H 3,H 5,H 6, H 7	Exhibits some developed decision making skills that somewhat demonstrates the ability to practice health enhancing behaviors and reduce health risks by advocating for personal, family, community and/or environmental health	Exhibits poorly developed decision making skills that consistently demonstrates the ability to practice health enhancing behaviors and reduce health risks by advocating for personal, family, community and/or environmental health
Social Responsibility and safety skills	Exhibits highly effective communication skills to promote, respect, cooperation, problem solving and successful conflict resolution while demonstrating knowledge of safety practices, rules and procedures in physical activity settings.	Exhibits generally effective communication skills to promote, respect, cooperation, problem solving and successful conflict resolution while demonstrating knowledge of safety practices, rules and procedures in physical activity settings. H 5 & PE 5	Exhibits partially effective communication skills to promote, respect, cooperation, problem solving and successful conflict resolution while demonstrating knowledge of safety practices, rules and procedures in physical activity settings.	Exhibits minimally effective communication skills to promote, respect, cooperation, problem solving and successful conflict resolution while demonstrating knowledge of safety practices, rules and procedures in physical activity settings.