

Physical & Health Education Rubric – Year 3

Criterion B: Planning for Performance

At the end of year 3, students should be able to:

- i. design and explain a plan for improving physical performance and health
- ii. explain the effectiveness of a plan based on the outcome.

Achievement level	Level Descriptor
0	The student does not reach a standard described by any of the descriptors below.
1-2	The student: <ol style="list-style-type: none"> i. outlines a plan for improving physical performance and health ii. states the effectiveness of a plan based on the outcome.
3-4	The student: <ol style="list-style-type: none"> i. constructs and outlines a plan for improving physical performance and health ii. outlines the effectiveness of a plan based on the outcome.
5-6	The student: <ol style="list-style-type: none"> i. constructs and explains a plan for improving physical performance and health ii. describes the effectiveness of a plan based on the outcome.
7-8	The student: <ol style="list-style-type: none"> i. designs and explains a plan for improving physical performance and health ii. explains the effectiveness of a plan based on the outcome.

