

Physical Education Developmental Rubric

Learning Area: Movement and Physical Activity

		Developmental Progression					
		Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Indicators	Moving the Body	<p>Practises specialised movement skills.</p> <p>Performs a variety of movement sequences.</p> <p>Applies movement concepts and strategies.</p>	<p>Practises specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings.</p> <p>Designs and performs a variety of movement sequences.</p> <p>Proposes and applies movement concepts and strategies.</p>	<p>Uses feedback to improve body control when performing specialised movement skills.</p> <p>Performs movement sequences for specific purposes in a variety of contexts.</p> <p>Practises movement concepts and strategies.</p>	<p>Uses feedback to improve body control and coordination when performing specialised movement skills.</p> <p>Composes and performs movement sequences for specific purposes in a variety of contexts.</p> <p>Practises, applies and transfers movement concepts and strategies.</p>	<p>Performs specialised movement skills in challenging movement situations.</p> <p>Evaluates own and others' movement compositions.</p> <p>Develops and implements movement concepts and strategies for successful outcomes.</p>	<p>Performs and refines specialised movement skills in challenging movement situations.</p> <p>Evaluates own and others' movement compositions, and provide and apply feedback in order to enhance performance situations.</p> <p>Develops, implements and evaluates movement concepts and strategies for successful outcomes.</p>
	Understanding Movement	<p>Participates in physical activities designed to enhance fitness.</p> <p>Explains the impact of regular participation on health and wellbeing.</p>	<p>Engages in physical activities.</p> <p>Explains and applies strategies to enhance their own and others' health, safety and wellbeing at home, at school and in the community.</p> <p>Explains the impact of regular participation on health and wellbeing.</p>	<p>Participates in physical activities that develop health-related and skill-related fitness components.</p> <p>Explains the cultural and historical significance of a range of physical activities.</p>	<p>Participates in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans.</p> <p>Justifies actions that promote their own and others' health, safety and wellbeing at home, at school and in the community.</p>	<p>Designs and implements personalised plans for improving or maintaining their own physical activity and fitness levels.</p> <p>Examines the role physical activity, outdoor recreation and sport play in the lives of Australians and list how this has changed over time.</p>	<p>Designs, implements and evaluates personalised plans for improving or maintaining their own and others' physical activity and fitness levels.</p> <p>Critics the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time.</p> <p>Compares and contrasts a range of actions that could be undertaken to enhance their own and others' health, safety and wellbeing.</p>
	Learning through movement	<p>Participates positively in groups and teams by encouraging others and negotiating roles and responsibilities.</p> <p>Modifies the elements of effort, space, time, objects and people to perform movement sequences.</p>	<p>Demonstrates ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities.</p> <p>Manipulates and modifies the elements of effort, space, time, objects and people to perform movement sequences.</p>	<p>Practises and applies personal and social skills when undertaking a range of roles in physical activities.</p> <p>Demonstrates how the elements of effort, space, time, objects and people can enhance performance.</p>	<p>Evaluates and justifies reasons for decisions and choices of action when solving movement challenges.</p> <p>Demonstrates and explains how the elements of effort, space, time, objects and people can enhance performance.</p> <p>Participates in and investigates the cultural and historical significance of a range of physical activities.</p>	<p>Transfers understanding from previous movement experiences to create solutions to movement challenges.</p> <p>Determines the impact of effort, space, time, objects and people when composing and performing movement sequences.</p>	<p>Reflects on how fair play and ethical behaviour can influence the outcomes of movement activities.</p> <p>Analyses the impact of effort, space, time, objects and people when composing and performing movement sequences.</p>