**Standard 3:**

**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

**Standard 4:**

**The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

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| **4 Points**  **Applying** | **Student is prepared, on time, dressed out, vigorously participates, and demonstrates HCA by cooperating with others (following, leading, and assisting).** |
| **3 Points**  **Maturing** | **Student is dressed out, on time, prepared, moderately participates, and demonstrates HCA in an individual way.** |
| **2 Points**  **Emerging** | **Student is dressed out, may be tardy, participates minimally and demonstrates a lack of HCA.** |
| **1 Points**  **Unsatisfactory** | **Student is dressed out, tardy, does not participate (may have a doctor’s note) and does not actively show HCA.** |

Daily Participation Rubric