

Benjamin E. Mays IB World School
Physical Education Effort Rubric

5	4	3	2	1
<p>*I can demonstrate exceptional daily effort and participate in all activities. *I can encourage myself and others *I can improve my fitness and live an active life. *I am always prepared for class activities. *I can be responsible and wear proper athletic shoes.</p>	<p>*I can demonstrate consistent daily effort and participate in most of the activities. *I can demonstrate a quality level of fitness and try to live an active life. *I am almost always responsible with wearing proper athletic shoes.</p>	<p>*I can demonstrate some effort but need reminders to participate. *I chose not to work hard enough to improve my fitness to live an active and healthy life. *I am not that responsible and consistently forget the proper the athletic shoes.</p>	<p>*I chose not to participate in the activities and I demonstrated a poor attitude. *I am not being responsible and I always forget to wear proper athletic shoes.</p>	<p>*I had to take a break because I chose not to follow our essential agreements.</p>