

NC-946 Physical Training (PT) Grade Rubric

Level/Points	Participation / Effort	Cooperation / Attitude / Sportsmanship
1 - Below Standards 0-5 Points	<ul style="list-style-type: none"> • Not prepared for class • Neglects to participate in activities • Often interferes with others • Zero effort 	<ul style="list-style-type: none"> • Uncooperative • Disregard for others • Argues, whines, complains • Unsportsmanlike conduct
2 – Working Towards Standards 6-7 Points	<ul style="list-style-type: none"> • Partially prepared for class • Inconsistent participation • Goes through motions with little effort 	<ul style="list-style-type: none"> • Cooperative at times • Shows some enthusiasm • Sportsmanlike under supervision
3 – Meeting Standards 8-9 Points	<ul style="list-style-type: none"> • Fully prepared for all activities • Willingly participates in all activities with consistent effort • Some / average effort 	<ul style="list-style-type: none"> • Very cooperative • Works well with others • Often enthusiastic and positive • Sportsmanlike in most activities
4 – Exceeding Standards 9-10 Points	<ul style="list-style-type: none"> • Fully prepared for all activities • Consistently stays on task even when away from direct supervision • Outstanding effort 	<ul style="list-style-type: none"> • Always cooperative • Genuine concern for others • Always enthusiastic and positive • Exemplifies sportsmanship in all activities