## NC-946 Physical Training (PT) Grade Rubric

<table>
<thead>
<tr>
<th>Level/Points</th>
<th>Participation / Effort</th>
<th>Cooperation / Attitude / Sportsmanship</th>
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</thead>
</table>
| **1 - Below Standards** 0-5 Points | • Not prepared for class  
• Neglects to participate in activities  
• Often interferes with others  
• Zero effort | • Uncooperative  
• Disregard for others  
• Argues, whines, complains  
• Unsportsmanlike conduct |
| **2 – Working Towards Standards** 6-7 Points | • Partially prepared for class  
• Inconsistent participation  
• Goes through motions with little effort | • Cooperative at times  
• Shows some enthusiasm  
• Sportsmanlike under supervision |
| **3 – Meeting Standards** 8-9 Points | • Fully prepared for all activities  
• Willingly participates in all activities with consistent effort  
• Some / average effort | • Very cooperative  
• Works well with others  
• Often enthusiastic and positive  
• Sportsmanlike in most activities |
| **4 – Exceeding Standards** 9-10 Points | • Fully prepared for all activities  
• Consistently stays on task even when away from direct supervision  
• Outstanding effort | • Always cooperative  
• Genuine concern for others  
• Always enthusiastic and positive  
• Exemplifies sportsmanship in all activities |