

## MOVEMENT FOR CHALLENGE LEARNING RUBRIC

Strands of Learning	Working <u>towards</u> curriculum Level 5	Working <u>at</u> curriculum Level 5	Working <u>above</u> curriculum Level 5	Working <u>well above</u> curriculum Level 5
<b>Trying new things (being "outside comfort zone")</b>	Sometimes steps outside her comfort zone but does not enjoy the feeling. Does not actively seek new challenges.	Regularly steps outside her comfort zone, and involves herself in all new challenges but prefers to stick to what she is comfortable with.	Always steps outside her comfort zone and accepts new challenges when presented with them.	Consistently recognises the benefit of stepping outside her comfort zone and actively seeks new challenges to participate in.
<b>Participation &amp; attitude</b>	Sometimes participates actively in lessons, but doesn't always put in the full effort.	Participates actively in most lessons and makes some effort to improve but her attitude could be more consistent.	Always participates in lessons, shows enthusiasm towards each activity and a willingness to improve.	Consistently participates in every lesson, demonstrating an enthusiastic approach to learning and improvement by actively seeking feedback and advice. Always gives 100% to each activity.
<b>Contribution</b>	Sometimes participates as part of a team/group/class but does not often share ideas.	Regularly shares ideas but is happy to be led by others.	Always shares thoughts and ideas and is keen to make decisions as part of a team/group.	Consistently contributes to the best of her ability by offering thoughts and ideas to help benefit the team/group. Is happy to make decisions but is also prepared to listen to others.
<b>Safe practices to manage risks</b> <i>Physical eg. footwear, physical contact, appropriate use of equipment etc.</i> <i>Emotional eg. language, respect for others, inclusiveness etc.</i>	Sometimes uses safe practices (physical and emotional) during lessons but occasionally has to be reminded by the teacher or classmates.	Regularly uses safe practices (physical and emotional) to keep herself safe during lessons but is not always aware of the safety of others.	Always aware of the link between risks (physical and emotional) and negative outcomes in lessons. Always uses safe practice to reduce risk for herself, but doesn't always take action to reduce it for others.	Can consistently identify possible risks in lessons (physical and emotional) and uses strategies or actions to keep herself and others more safe.