

PE Central Assessment

Essential Locomotor Skills Assessment with Rubric

By Pamela Niesen

I teach Kindergarten four days a week for twenty-five minutes each. I am constantly having the students perform the below physical skills. I have my students line up on the end line and perform the skill down to the other end line and back again. I visually assess their skill and see how they have progressed from the beginning of the year.

Activity	Superior Mastery	Meeting	Approaching	Not Meeting
Running	Looks straight ahead and is aware of all surroundings. Feet and arms are fluent with movement	Usually looking straight ahead. Feet and arms are mostly fluent.	May become distracted by others and lose fluency of movement.	Not watching surrounding. Arms and feet not fluent with movement
Skipping	Performs coordinated movement on cue. 'Step, hop, step, hop.'	Performs movement on cue. May miss a step, hop, step, hop a few times	May only hop on one foot and not the other.	Not performing on cue. May just run.
Walking Backwards	Looks over their shoulder as they are walking backwards. Never goes too fast to fall down	Looks over their shoulder. May go to fast and falls down occasionally.	Walks backwards but does not look over shoulder and bumps into other occasionally	Does not walk backwards. May walk sideways or just run forward.
Side step	Performs coordinated steps. 'Step, together, step, together'	Performs coordinated steps, however is done so slowing and carefully	Crosses steps in front of body rather than putting feet together.	May run sideways or just run forward.

Below is an example of how I used this assessment with a few of my Kindergarten students. I will use initials for their privacy.

	Running	Skipping	Backwards	Side Step	Comments
V.A.	M	M	M	M	This student performs skills as asked and does her very best
G.C.	S	M	S	S	This student perform above what is asked and is very fast too.
L.K.	M	NM	A	A	This student is always trying to be first thus he does not do what I am asking of him.
A.S.	M	A	A	A	This student try to do the skills to fast and often falls.