### Team Sports – Proficiency Scale

<table>
<thead>
<tr>
<th>Standards</th>
<th>Standard Requirements</th>
<th>4</th>
<th>Advanced</th>
<th>3</th>
<th>Proficient</th>
<th>2</th>
<th>Basic</th>
<th>1</th>
<th>Below Basic</th>
<th>0</th>
<th>Failing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard 1</td>
<td>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</td>
<td></td>
<td>Student can perform the required skills and the advanced skills without assistance in a game or competitive setting.</td>
<td></td>
<td>Student can perform the required skills and some advanced skills without assistance in isolation or in a practice setting.</td>
<td></td>
<td>Student can perform basic skills without assistance in isolation or in a practice setting.</td>
<td></td>
<td>Minimal achievement with assistance from someone else.</td>
<td></td>
<td>Attempted and failed.</td>
</tr>
<tr>
<td>Standard 2</td>
<td>Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</td>
<td></td>
<td>Student has thorough understanding of concepts, vocabulary, and strategies, and can apply them in a game or competitive situations.</td>
<td></td>
<td>Student has thorough understanding of concepts and vocabulary and can apply them in practice situations but has difficulty applying them in game or competitive situations.</td>
<td></td>
<td>Student has a minimal understanding of basic concepts and vocabulary but has difficulty applying them in practice situations.</td>
<td></td>
<td>Minimal achievement with assistance from someone else.</td>
<td></td>
<td>Attempted and failed.</td>
</tr>
<tr>
<td>Standard 3</td>
<td>Participates regularly in physical activity.</td>
<td></td>
<td>Student is prepared and participates in all activities and makes an effort to improve their skills and abilities. Student also helps others improve their skills or ability.</td>
<td></td>
<td>Student is prepared and participates in all activities and makes an effort to improve their skills and abilities.</td>
<td></td>
<td>Student participates in all activities, but makes minimal effort to improve.</td>
<td></td>
<td>Minimal achievement with assistance from someone else.</td>
<td></td>
<td>Attempted and failed.</td>
</tr>
<tr>
<td>Standard 4</td>
<td>Achieves and maintains a health enhancing level of physical fitness.</td>
<td></td>
<td>Student demonstrates an understanding of healthy living concepts. Student creates a fitness plan, which significantly improves their level of fitness.</td>
<td></td>
<td>Student understands healthy living concepts. Student can create a plan to maintain their current level of fitness.</td>
<td></td>
<td>Student has a basic understanding of healthy living concepts. Student struggles to maintain current fitness levels.</td>
<td></td>
<td>Minimal achievement with assistance from someone else.</td>
<td></td>
<td>Attempted and failed.</td>
</tr>
</tbody>
</table>