

1. Rubrics for Attendance / Participation

Sr.no.	Attendance / Participation 5marks	Excellent / 5mks	Very Good/4mks	Good/3mks	Developing/2mks
1	In no. Of Days / Percentage	85%-100%	65%-84%	45%-64%	30%-44%

2. Rubrics for Assignment

Sr.no.	Assignment 5marks	Excellent	Very Good	Good	Developing
1	Content 2 ½ mks	Highly creative in content	Mostly Creative in content	Some creativity in the content	Lacks creativity
2	Presentation 2 ½ mks	Well-developed	Developed, some details	Basic, missing details	Underdeveloped

3. Rubrics for Skill Test

Sr.no.	Skill Test 5marks	Excellent	Very Good	Good	Developing
1	Knowledge & Understanding 2 ½ mks	Is able to evaluate and assess strategies and rules associated with the game/activity.	Shows understanding of the rules and can apply them to the game/activity.	Shows understanding of rules and has ability to follow some of them in the game/activity	Has limited understanding of the rules of the game/activity.
2	Execution (movements, accuracy, spatial awareness) 2 ½ mks	Demonstrates and execute the skill swiftly with accuracy and consistency.	Demonstrates skills with fair technique and some consistency.	Demonstrates skills with fair technique with some errors	Demonstrates little or poor technique and skill

4. Rubrics for Physical Fitness Test

Sr.no.	Physical Fitness Test 5marks	5mks	4mks	3mks	2mks	1mks
1	Cardiovascular Endurance (Boys 1000 mts) (Girls 600 mts) Timings in minutes and seconds	(Boys 1000 mts) 4 Min 10 Secs (Girls 600 mts) 2 Min 30 Secs	(Boys 1000 mts) 4 Min 20 Secs (Girls 600 mts) 2 Min 40 Secs	(Boys 1000 mts) 4 Min 30 Secs (Girls 600 mts) 2 Min 50 Secs	(Boys 1000 mts) 4 Min 40 Secs (Girls 600 mts) 3 Min	(Boys 1000 mts) 4 Min 50 Secs (Girls 600 mts) 3 Min 10 Secs
2	Explosive Strength (Standing Broad Jump) Distance in cm	Boys 204 cm Girls 167 cm	Boys 197 cm Girls 155 cm	Boys 190 cm Girls 149 cm	Boys 183 cm Girls 142 cm	Boys 175 cm Girls 132 cm
3	Agility (Shuttle Run) Timing in seconds and tenths	Boys 9.8 Girls 11.0	Boys 10.0 Girls 11.2	Boys 10.2 Girls 11.6	Boys 10.6 Girls 11.9	Boys 11.1 Girls 12.1
4	Speed (50 m Dash) Timing in seconds and tenths	Boys 6.5 Girls 7.6	Boys 6.6 Girls 7.9	Boys 6.8 Girls 8.2	Boys 7.1 Girls 8.4	Boys 7.5 Girls 8.9

- **Clarity:** Rubrics clarify expectations for students. They know what is required for each level of performance.
- **Consistency:** Rubrics standardize grading. This ensures fairness and consistency across different students and assignments.
- **Feedback:** Rubrics provide detailed feedback. Students understand their strengths and areas for improvement.
- **Efficiency:** Rubrics streamline the grading process. Teachers can evaluate work more quickly and systematically.
- **Self-Assessment:** Students can use rubrics to self-assess. This promotes reflection and responsibility for their learning.