

PE PERFORMANCE SCALE

RIGOR—HOW HARD YOU'RE WORKING!

Effort/Performance Marking Scale

Score:	"Descriptive"	Criteria!
5	Maximum Effort	<ul style="list-style-type: none">• Extreme Effort—cannot talk or socialize• Always moving during the activity• Flushed Face and/or sweating heavily• Breathing heavily through the mouth• Very tired—cannot continue on
4	Vigorous	<ul style="list-style-type: none">• Strong Effort—talking between breaths• Moving during most of the activity• Flushed face and/or beginning to sweat• Breathing through the mouth• Tired—needs to slow down pace
3	Moderate Effort	<ul style="list-style-type: none">• Good Effort—able to talk during activity• Moves during some of the activity• Feeling warm and/or beginning to sweat• Breathing through nose• Feeling tired—but has ability to do more
2	Mild Effort	<ul style="list-style-type: none">• Inconsistent Effort—ability to socialize• Little movement during activity/sedentary• Normal body temperature/no sweating• Breathing easily through nose• Not feeling tired—has ability to do more
1	Minimal Effort	<ul style="list-style-type: none">• No Effort—excessive socialization• No movement during activity/sits out• No change in body/no sweating• No change in breathing• Not feeling tired