

# Core Strength: Teacher Rubric

**Fitness Skills:** Core strength

## Assessment:

Observers should scan their group and **look for indicators of fatigue** - such as arms and legs lowering, dropping the ball, sagging in the lower back, raised buttocks, bridging of the back, major torso twists, drops to the ground or any major movement to secure the original position. **Mark an X** in the trial column on the recording form for **each observed movement** the student makes.

On your prompt, students maintain the position for as long as possible without the following occurring:

- sagging in the lower back or lowering of the arms/legs
- raising the buttocks or dropping the ball
- any major movement to secure original position
- bridging of the back
- major torso twists
- drops to ground

## TEACHER RUBRIC

Grades 4–6	EMERGING	DEVELOPING	ACQUIRED	ACCOMPLISHED
Core Strength	Uses <b>more than 1 rest interval or adjustment</b> to maintain the proper position for the allotted time	Uses <b>1 rest interval or adjustment</b> to maintain the proper position for the allotted time	Maintains the proper position for <b>60 seconds</b>	Maintains the proper position for <b>2 consecutive trials</b>

## Core Strength: Assessment Recording Form

Mark an X in the trial column on the recording form for each observed movement the student makes. Complete the assessment twice. Allow 60 seconds between trials. On the assessment form, record the results of each trial. Then record the level of the better trial in the rating column.

If a student completes the assessment with an accommodation, write down the accommodation in the notes area below. When entering data into the website, choose that the assessment was completed with an accommodation and write the note in the notes section.

Student Name	Trial 1	Trial 2	RATING	ACCOMMODATION NOTES
1				
2				
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4				
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Student Name	Trial 1	Trial 2	RATING	ACCOMMODATION NOTES
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