

# Walk a Mile

Energy Revealed  
Assessment Rubric  
Grade Level: 4-7



Knowledge & Understanding	Level 4	Level 3	Level 2	Level 1
Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living	Demonstrates thorough understanding of content	Demonstrates considerable understanding of content	Demonstrates some understanding of content	Demonstrates limited understanding of content
Thinking & Investigation	Level 4	Level 3	Level 2	Level 1
Evaluate the effects both beneficial and harmful of various technologies on human body systems	Uses critical/creative thinking processes, skills, and strategies with a high degree of effectiveness	Uses critical/creative thinking processes, skills, and strategies with considerable effectiveness	Uses critical/creative thinking processes, skills, and strategies with some effectiveness	Uses critical/creative thinking processes, skills, and strategies with limited effectiveness
Communication	Level 4	Level 3	Level 2	Level 1
Communicate orally in a clear, coherent manner, presenting ideas, opinions, and information in a readily understandable form	Communicates for different audiences and purposes with a high degree of effectiveness	Communicates for different audiences and purposes with considerable effectiveness	Communicates for different audiences and purposes with some effectiveness	Communicates for different audiences and purposes with limited effectiveness