

Esparto High School
Physical Education
Sit-up Rubric



Boys Score – Listed 1st in Blue

Girls Score – List 2nd in Pink

A	B	C	D	F
65-75 55-75	50-64 45-54	40-49 30-44	30-39 20-29	29 or less 19 or less
Student demonstrates 100% effort. Teacher Observation	Student demonstrates 90% effort. Teacher Observation	Student demonstrates 80% effort. Teacher Observation	Student demonstrates 70% effort. Teacher Observation	Student Does not demonstrate any effort. Teacher Observation

Students will grade their peers based of the number rubric above. Teacher reserves the right to override students number grade based off their observation of the students effort.