

ISM Climbing Rubric

Standard	1	Students will understand and demonstrate that competency in motor skills and movement patterns is needed to perform a variety of physical activities.			
	PE1.15	Implement consistent and clear climbing commands and demonstrate safe and proficient technique while climbing and belaying			
	Exemplary	Proficient	Developing	Emerging	Insufficient Evidence
Points of Contact	Maintains 3 points of contact at all time, consistently uses inside of feet, uses legs to support weight and handholds for balance	Maintains 3 points of contact using legs to support weight and handholds for balance with few exceptions	Sometimes uses arms to pull body up and/or uses two points of contact	Sometimes uses arms to pull body up and/or uses two points of contact	Depends mostly on arms for movement and/or uses one point of contact relying on belay for support at any time
Body Efficiency	Executes well-planned movements with smooth efficient transitions throughout climb. Demonstrates excellent balance and conservation of strength	Executes well-planned movements after careful study of the possibilities with few observable realignment. Demonstrates considerable balance and some conservation of strength	Sometimes moves without plan, wastes motion with frequent adjustments in holds and alignment and observable fatigue. Demonstrates minimal balance while climbing	Sometimes moves without plan, wastes motion with frequent adjustments in holds and alignment and observable fatigue. Demonstrates minimal balance while climbing	Body motion is inefficient and there is no evidence of planning movements
Complete Climb	Completes climb at a smooth, steady pace and without hesitation. Frequently attempts more difficult routes in order to provide personal challenges	Completes climb at a steady pace and little hesitation. Will sometimes attempt more difficult routes, even without prompting	Completes climb with several stops. When prompted will attempt more difficult routes	Completes climb with several stops. When prompted will attempt more difficult routes	Does not complete climb. Rarely attempts new challenges
Belay Technique	Student demonstrates a high degree of proficiency and safe belay technique. Remains focused on climber at all times. Always uses correct communication commands	Student demonstrates a considerable degree of proficiency and safe belay technique. Rarely loses focus. Usually uses correct communication commands	Student demonstrates a moderate degree of proficiency and needs to be reminded occasionally to maintain focus. Will use correct communication commands when reminded to do so	Student demonstrates a moderate degree of proficiency and needs to be reminded occasionally to maintain focus. Will use correct communication commands when reminded to do so.	Student demonstrates limited knowledge about belay technique and cannot be trusted to belay a climber up the wall. Does not know and rarely uses communication commands
Teamwork	Student works extremely well and demonstrates a high degree of leadership during team building exercises. Student consistently provides excellent verbal cues to fellow climber	Student is fully involved in team building exercises, yet rarely takes a leadership role. Student usually provides encouragement and support to fellow climbers	Student demonstrates a moderate amount of involvement in team building exercises. Student occasionally provides support and encouragement to fellow climbers	Student demonstrates a moderate amount of involvement in team building exercises. Student occasionally provides support and encouragement to fellow climbers	Student is barely involved in team building exercises. Student provides no support for fellow climbers