

Assessment: 4=Mastery 3=Proficient 2=Developing 1=Needs Improvement

Rubric for Galloping

4	3	2	1
<ol style="list-style-type: none"> Arms bent and lifted to waist level at take-off. A step forward with the lead foot followed by a step with the trailing foot to a position adjacent to or behind the lead foot. Brief period when both feet are off the ground. Maintains a smooth, rhythmic motion/pattern. Bend knees to absorb force when moving quickly. Stays on balls of feet. 	<ol style="list-style-type: none"> Arms bent and lifted to waist level at take-off. Foot is adjacent to or slightly in front of lead foot. Brief period when both feet are off the ground. Rhythmic pattern/motion is smooth the majority of the time. Knees are bent the majority of the time. Stays on balls of the feet the majority of the time. 	<ol style="list-style-type: none"> Arms swing forward with no force. Foot is slightly in front of lead foot. Both feet occasionally on ground together. Rhythmic pattern/motion is rough. Slight knee bend. May not land on balls every time. 	<ol style="list-style-type: none"> Arms are not lifted. Foot suppresses lead foot always. Feet on ground together always. No rhythmic pattern/motion. Little to no knee bend. Always flat footed.

Rubric for Hopping

4	3	2	1
<ol style="list-style-type: none"> Nonsupport leg swings forward in pendulum fashion to produce force. Foot of nonsupport leg remains behind body. Arms flexed and swing forward to create momentum & produce force. Takes off and lands staying on the balls of feet. Flex ankles. 	<ol style="list-style-type: none"> Slight leg swing. Foot of nonsupport leg remains behind body. Arms swing forward but not with great force all the time. Takes off and lands staying on the balls of the feet the majority of the time. Flex ankles. 	<ol style="list-style-type: none"> Occasionally there is a leg swing. Foot remains behind or equal with leg. Arms swing forward but with no intention. Lands flat footed most of the time. Slight ankle flexion. 	<ol style="list-style-type: none"> No leg swing. Foot does not stay behind leg; foot moves in front of leg. Arms do not swing forward. Landing is inconsistent and is flat footed. Slight or no ankle flexion.

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Rubric for Jumping

4	3	2	1
<p>1. Preparatory movement includes flexion of both knees with arms extended behind body.</p> <p>2. Arms extended forcefully forward and upward reaching full extension above the head.</p> <p>3. Take off and land on both feet simultaneously.</p> <p>4. Arms are thrust downward during landing.</p>	<p>1. Preparatory movement includes flexion of both knees with arms extended behind body, the majority of the time.</p> <p>2. Arms extended almost above head fully.</p> <p>3. Take off and land on both feet simultaneously, the majority of the time.</p> <p>4. Arms are thrust downward during landing.</p>	<p>1. Slight knee flexion; arms not extended completely.</p> <p>2. Arms extended above head partially.</p> <p>3. Take off is with two feet; lands in a 1-2 pattern.</p> <p>4. Arms swing downwards not creating extra force.</p>	<p>1. No knee flexion.</p> <p>2. Arms not extended above head; arms at sides not extended.</p> <p>3. Take off and landing on one foot.</p> <p>4. Arms do not extend all the way down.</p>

Rubric for Leaping

4	3	2	1
<p>1. Take off on one foot and land on the opposite foot (ball of feet).</p> <p>2. A period where both feet are off the ground longer than running.</p> <p>3. Forward reach with the arm opposite the lead foot, which creates momentum by swinging arms.</p> <p>4. Stretch legs as far as possible while airborne.</p> <p>5. Knee Flexion.</p>	<p>1. Take off on one foot and land on the opposite foot (ball of feet), the majority of the time.</p> <p>2. A period where both feet are off the ground longer than running.</p> <p>3. Reach is not extended completely.</p> <p>4. Stretch legs almost completely.</p> <p>5. Knee flexion the majority of the time.</p>	<p>1. Takes off one foot; lands on two feet.</p> <p>2. One foot on the ground.</p> <p>3. Arms do not move in opposition.</p> <p>4. Legs are separated but not fully separated.</p> <p>5. Slight knee flexion.</p>	<p>1. Take off and landing on two feet.</p> <p>2. One or both feet on ground at all times.</p> <p>3. Little to no forward reach.</p> <p>4. Legs are partially separated.</p> <p>5. Little to no knee flexion.</p>

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Rubric for Running

4	3	2	1
<p>1. Arms move in opposition to legs, elbows bent.</p> <p>2. Brief period where both feet are off the ground (period of suspension).</p> <p>3. Jogging: foot placement is heel, mid-foot, ball of foot; Sprinting: foot placement landing on balls of feet; (neither are flat footed).</p> <p>Nonsupport leg bent approximately 90 degrees (i.e. close to gluteus).</p>	<p>1. Arms move in opposition to legs, elbows bent.</p> <p>2. Brief period where both feet are off the ground (period of suspension).</p> <p>3. Foot placement is correct the majority of the time.</p> <p>4. Knee bend is less than 90 degrees.</p>	<p>1. Arms move in opposition inconsistently.</p> <p>2. Feet are on ground together on occasion.</p> <p>3. Landing is flat-footed the majority of the time.</p> <p>4. Knee bend varies in degrees.</p>	<p>1. Arms do not move in opposition of legs.</p> <p>2. Feet are always on the ground, together.</p> <p>3. Landing is always flat footed.</p> <p>4. Slight or no knee bend.</p>

Rubric for Skipping

4	3	2	1
<p>1. Step-hop using one side of the body, then the other; heels do not touch the ground.</p> <p>2. Arms swing high in opposition to legs at no time are both in front of body at the same time.</p> <p>3. Follows a straight path.</p>	<p>1. Step-hop using one side of the body, then the other; heels occasionally touch the ground.</p> <p>2. Arms sometimes swing at a medium height, in opposition to legs; other times both arms are in front of body at the same time.</p> <p>3. Follows a straight path.</p>	<p>1. Step-hop using one side of the body, heels touch the ground.</p> <p>2. Arms and hands swing at random.</p> <p>3. Path may not be straight.</p>	<p>1. Both feet step or it looks like a gallop, heels always touch the ground.</p> <p>2. No arm swing.</p> <p>3. Flat-footed landing.</p>

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Rubric for Sliding

4	3	2	1
<ol style="list-style-type: none">1. Body turned sideways so shoulders are aligned to the side of the target.2. A step sideways with lead foot followed by a slide of the trailing foot.3. Stays on balls of feet.4. Deep knee flexion, staying low.5. Swing arms, creating force.	<ol style="list-style-type: none">1. Body turned sideways so shoulders are aligned to the side of the target.2. A step sideways with lead foot followed by a slide of the trailing foot.3. Stays on balls of feet.4. Slight knee flexion; moderate height.5. Arm swing, but no real force.	<ol style="list-style-type: none">1. Trunk slightly rotated, facing target.2. Slides appear as a hop; feet slightly crosses.3. Occasionally on balls of feet.4. Little knee flexion; standing almost straight (up).5. Slight arm swing.	<ol style="list-style-type: none">1. Trunk is fully facing the target.2. Feet always cross over.3. Flat feet.4. No knee flexion; standing straight (up).5. No arm swing.