

Rubric for Jumping

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

4	3	2	1
<ol style="list-style-type: none"> 1. Preparatory movement includes flexion of both knees with arms extended behind body. 2. Arms extended forcefully forward and upward reaching full extension above the head. 3. Take off and land on both feet simultaneously. 4. Arms are thrust downward during landing. 	<ol style="list-style-type: none"> 1. Preparatory movement includes flexion of both knees with arms extended behind body, the majority of the time. 2. Arms extended almost above head fully. 3. Take off and land on both feet simultaneously, the majority of the time. 4. Arms are thrust downward during landing. 	<ol style="list-style-type: none"> 1. Slight knee flexion; arms not extended completely. 2. Arms extended above head partially. 3. Take off is with two feet; lands in a 1-2 pattern. 4. Arms swing downwards not creating extra force. 	<ol style="list-style-type: none"> 1. No knee flexion. 2. Arms not extended above head; arms at sides not extended. 3. Take off and landing on one foot. 4. Arms do not extend all the way down.