

## Rubric for Sliding

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

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