

Name: _____

Block: _____

Teacher Evaluation: Running Rubric

<u>Skill</u>	<u>Excelling (5)</u>	<u>Proficient (3)</u>	<u>Developing (1)</u>	
Legs	<ul style="list-style-type: none"> - Stride is a good length - High knee lift and leg kickback is evident - Feet land along a narrow pathway 	<ul style="list-style-type: none"> - Knee lift is higher but not yet parallel - Back leg is extended to push off and give more momentum 	<ul style="list-style-type: none"> - Knee lift and kick back is limited 	
Arms	<ul style="list-style-type: none"> - Arms and legs are in rhythm 	<ul style="list-style-type: none"> - Arm swing increases, is closer to the body and is more in tune with leg movement 	<ul style="list-style-type: none"> - Arm swing is wild and away from the body, with 90° not being maintained at the elbow 	
Flight	<ul style="list-style-type: none"> - Obvious flight phase 	<ul style="list-style-type: none"> - Limited flight phase 	<ul style="list-style-type: none"> - No obvious flight phase 	
Head	<ul style="list-style-type: none"> - Head is stable 		<ul style="list-style-type: none"> - Head is unstable 	
			Total:	/20

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