

Rubric for Galloping

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

4	3	2	1
<ol style="list-style-type: none"> 1. Arms bent and lifted to waist level at take-off. 2. 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. 3. Brief period when both feet are off the ground. 4. Maintains a smooth, rhythmic motion/pattern. 5. Bend knees to absorb force when moving quickly. 6. Stays on balls of feet. 	<ol style="list-style-type: none"> 1. Arms bent and lifted to waist level at take-off. 2. Foot is adjacent to or slightly in front of lead foot. 3. Brief period when both feet are off the ground. 4. Rhythmic pattern/motion is smooth the majority of the time. 5. Knees are bent the majority of the time. 6. Stays on balls of the feet the majority of the time. 	<ol style="list-style-type: none"> 1. Arms swing forward with no force. 2. Foot is slightly in front of lead foot. 3. Both feet occasionally on ground together. 4. Rhythmic pattern/motion is rough. 5. Slight knee bend. 6. May not land on balls every time. 	<ol style="list-style-type: none"> 1. Arms are not lifted. 2. Foot suppresses lead foot always. 3. Feet on ground together always. 4. No rhythmic pattern/motion. 5. Little to no knee bend. 6. Always flat footed.