

Rubric for Hopping

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

4	3	2	1
<ol style="list-style-type: none"> 1. Nonsupport leg swings forward in pendulum fashion to produce force. 2. Foot of nonsupport leg remains behind body. 3. Arms flexed and swing forward to create momentum & produce force. 4. Takes off and lands staying on the balls of feet. 5. Flex ankles. 	<ol style="list-style-type: none"> 1. Slight leg swing. 2. Foot of nonsupport leg remains behind body. 3. Arms swing forward but not with great force all the time. 4. Takes off and lands staying on the balls of the feet the majority of the time. 5. Flex ankles. 	<ol style="list-style-type: none"> 1. Occasionally there is a leg swing. 2. Foot remains behind or equal with leg. 3. Arms swing forward but with no intention. 4. Lands flat footed most of the time. 5. Slight ankle flexion. 	<ol style="list-style-type: none"> 1. No leg swing. 2. Foot does not stay behind leg; foot moves in front of leg. 3. Arms do not swing forward. 4. Landing is inconsistent and is flat footed. 5. Slight or no ankle flexion.