

Rubric for Leaping

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

4	3	2	1
<ol style="list-style-type: none"> 1. Take off on one foot and land on the opposite foot (ball of feet). 2. A period where both feet are off the ground longer than running. 3. Forward reach with the arm opposite the lead foot, which creates momentum by swinging arms. 4. Stretch legs as far as possible while airborne. 5. Knee Flexion. 	<ol style="list-style-type: none"> 1. Take off on one foot and land on the opposite foot (ball of feet), the majority of the time. 2. A period where both feet are off the ground longer than running. 3. Reach is not extended completely. 4. Stretch legs almost completely. 5. Knee flexion the majority of the time. 	<ol style="list-style-type: none"> 1. Takes off one foot; lands on two feet. 2. One foot on the ground. 3. Arms do not move in opposition. 4. Legs are separated but not fully separated. 5. Slight knee flexion. 	<ol style="list-style-type: none"> 1. Take off and landing on two feet. 2. One or both feet on ground at all times. 3. Little to no forward reach. 4. Legs are partially separated. 5. Little to no knee flexion.