

Rubric for Rope Jumping

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

4	3	2	1
<p>1. Preparatory movement includes flexion of both knees.</p> <p>2. Hands swing down to sides, then back up and over; the rope swings above head.</p> <p>3. Swings rope over head; jumps with both feet as the rope comes down in front; land on balls of feet.</p> <p>4. Turns the rope with a circular wrist motion.</p> <p>5. Continuous jumping with no misses.</p>	<p>1. Preparatory movement includes flexion of both knees the majority of the time.</p> <p>2. Hands swing down to sides, then back up and over; the rope swings above head; 75% of the time.</p> <p>3. Swings rope over head; jumps with both feet as the rope comes down in front; may or may not land on balls of feet; 75% of the time.</p> <p>4. Turns the rope with a circular wrist motion 75% of the time.</p> <p>5. Continuous jumping; 0-3 misses.</p>	<p>1. Slight knee flexion.</p> <p>2. Hands may or may not swing down to sides, then back up and over; the rope may or may not swing above head; 50% of the time.</p> <p>3. Swings rope over head; may or may not jump with both feet as the rope comes down in front; does not land on balls of feet; 50% of the time.</p> <p>4. Turns the rope with a circular wrist motion 50% of the time.</p> <p>5. May or may not be continuously; may have 3- 5 misses.</p>	<p>1. No knee flexion.</p> <p>2. Hands do not swing down to sides, then back up and over; the rope does not swing above head.</p> <p>3. May not swing rope over head; does not jump with both feet as the rope comes down in front; does not land on balls of feet.</p> <p>4. Does not turn the rope with a circular wrist motion.</p> <p>5. Not continuously jumping; more than 5 misses.</p>