

## Rubric for Running

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

4	3	2	1
<p>1. Arms move in opposition to legs, elbows bent.</p> <p>2. Brief period where both feet are off the ground (period of suspension).</p> <p>3. Jogging: foot placement is heel, mid-foot, ball of foot; Sprinting: foot placement landing on balls of feet; (neither are flat footed).</p> <p>Nonsupport leg bent approximately 90 degrees (i.e. close to gluteus).</p>	<p>1. Arms move in opposition to legs, elbows bent.</p> <p>2. Brief period where both feet are off the ground (period of suspension).</p> <p>3. Foot placement is correct the majority of the time.</p> <p>4. Knee bend is less than 90 degrees.</p>	<p>1. Arms move in opposition inconsistently.</p> <p>2. Feet are on ground together on occasion.</p> <p>3. Landing is flat-footed the majority of the time.</p> <p>4. Knee bend varies in degrees.</p>	<p>1. Arms do not move in opposition of legs.</p> <p>2. Feet are always on the ground, together.</p> <p>3. Landing is always flat footed.</p> <p>4. Slight or no knee bend.</p>